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## Helicopter Parenting, Social Competence and Self-Compassion Among Adolescents

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### ABSTRACT

The research examined how helicopter parenting, social competence, and self-compassion are connected, in particular, the possibility of using self-compassion as a mediator between these two variables and adolescents. The objectives of the study were met by using a quantitative correlational research design. The population sample comprised 300 students that were recruited in secondary schools and colleges in Lahore through a convenience sampling method. The instruments that were used to achieve rigor in the methods employed included the Helicopter Parenting Behaviors Questionnaire (HPBQ) that was administered to measure perceived parental over-involvement, the Social Skills Rating System-Short Form (SSRS-SF) which measured the dimensions of social functioning, including cooperation and empathy, and the Self-Compassion Scale (SCS) that was used to measure self-attitude.

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All participants gave their informed consent, and minors obtained parental consent. As a type of the statistical analysis, SPSS version 26 was used, including descriptive statistics, reliability analysis, and Pearson correlation coefficients to verify the main hypotheses. In addition, the PROCESS Macro (Model 4) was applied to the mediation analysis. Early expectations indicate that although helicopter parenting might be associated with adverse social outcomes, the concept of self-compassion may be an important internalized resource that moderates or mediates these outcomes. This study adds to the current literature since it shows the interaction of intrusive parenting practices with internal self-regulatory interactions in determining the development of the psychosocial dimension of adolescents in a local cultural setting.

**Keywords:** Helicopter Parenting, Social Competence, Self-Compassion

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## INTRODUCTION

Adolescence is a very important transitional stage which is marked by rapid psychological, emotional, cognitive, and social development. At this phase, people tend to become independent slowly, acquire personal identity and form significant social relations outside the family. The home, and the style of parenting in particular, has a significant role in the psychological well-being and the social development of adolescents. The parenting styles have effects on the perceptions of the adolescents, the manner in which they manage their emotions and deal with other people in the social environment. Helicopter parenting is one of the growing scholarly interests in the modern parenting styles, as its impact on the adaptation of teenagers and their interpersonal behavior is possibly critical. Helicopter parenting is a style of being overprotective of children and their lives by being involved, monitoring and controlling them very much in their lives even in areas where the adolescent can act independently. Such parents are likely to monitor academic tasks, relations in the social circle, and decision-making closely in an attempt to shield their children against failing or damage (Celik, 2025). Despite the fact that parental participation is typically linked with desirable developmental resolutions, overprotecting and being overly controlling are likely to negatively affect the development of autonomy, resilience, and independent problem-solving capabilities of adolescents (Miller et al., 2024). Helicopter parenting is a parental participation style that is marked with over monitoring, over control and over involvement in almost every aspect of the life of a child. The helicopter parent is a figurative term that is used to explain parents who fly too close around their children and control their academic, social, and emotional lives, making sure they avoid errors or failures (Celik, 2025). Although parent participation is critical in support and guidance, helicopter parenting is above the levels of normativeness, which normally limits acquisition of individual reliance, ability to solve problems, and make independent decisions. Parents who use this style often do so with the protection and concern of their children by not wanting them to fail and also to maximize success. Nevertheless, studies have always shown that the unintended effects of such a high level of control may have a detrimental impact on

the psychological, social, and academic growth of adolescents (Miller et al., 2024). According to the recent researchers, it is believed that the societal changes have promoted the use of helicopter parenting, which has been aided by technological advancements that offer high levels of monitoring of children coupled with the stricter academic demands, intense competition, growing safety concerns, and the presence of technologies that facilitate constant monitoring of children (LeMoyne & Buchanan, 2011; Yavas Celik, 2025). Parental intervention can therefore go further to check web use, meddle in interpersonal relationships, control in outside school activities and even check the emotional reactions. Though these behaviors are built with noble intentions, they might send precedents to adolescents that they are not able to cope with challenges on their own. Teenagers who absorb such messages will have less self-esteem, reduced resilience, and increasing reliance on parental care, which is likely to continue into adulthood (Schiffrin et al., 2014).

Social competence is a multidimensional construct that is broad, and it refers to the cognitive, emotional, and behavioral capabilities required to engage in social interactions (Dirks et al., 2018). It involves such skills as communication, empathy, cooperation, and conflict resolution, perspective-taking, and the ability to control emotions and behaviors following social signals (Gomez-Ortiz et al., 2019). Social competence enables individuals to establish and sustain positive interpersonal relationships, engage positively in social activities and navigate through complex social environments. Biological, cognitive and environmental factors interact to form the development of social competence. Social abilities are considered to be influenced by interaction between temperament, executive functioning, and cognitive processing with parenting behaviors, peer interactions, and cultural norms (Junge et al., 2020).

Young people who have supportive parental relationships, abundant peer and prospects to solve social problems are more likely to develop greater social competence, and those having low social exposure or controlling parental behaviors might experience difficulties (Dirks et al., 2018). Social competence is dynamic and it changes throughout development. Childhood experiences also form early skills in life like empathy, sharing and cooperation through early childhood interactions with caregivers and their peers. All these are developed throughout the middle childhood years and adolescence when social stratification is more complicated, and interpersonal interaction involves a higher level of negotiation, assertiveness, and conflict management (Edusci, 2024).

Social competence poses tremendous implications on emotional wellbeing, performance in school and functioning of relationships. Well-adjusted adolescents have high self-esteem and emotional, reduced anxiety and depression, and academic participation (Linghe, 2021). Adolescents who have high social competency will find it easier to develop positive relationships with peers and adults, obtain resources and maneuver through complicated social structures. Social competence deficits have the potential to augment risk to maladaptive outcomes. More vulnerable to social skills, adolescents are more likely to undergo peer rejection and loneliness, becoming

socially isolated and enhancing mental health problems and resilience (Psychology and Education, 2024). Longitudinal research indicates that the initial deficiencies in social skills may remain even in adulthood and impact on employment, relationships and general psychosocial readjustment (Chen, 2011).

Self-compassion refers to the expression of caring, understanding, and kindness towards one self in reaction to misery, failing or perceived incompetence (Neff, 2023). In contrast to self-esteem, or rating of self-worth in relation to others, self-compassion focuses on supportive self-responding, tolerance of human imperfection and conscious realization of feelings. Conceptualized self-compassion to have three elements: 1. Self-benevolence: Being nice to oneself and appreciating instead of being judgmental. 2. Ordinary humanity: The acknowledgement that misery and incompetence are common elements of human life. 3. Mindfulness: Being less overly aware or repressed about painful emotions. Self-compassion is a psychological strength useful at improving resilience, an aspect of adaptive coping, and a buffer against the adverse effects of stress and criticism (Neff et al., 2007). The empirical studies are consistent demonstrating that the increased level of self-compassion is associated with the reduction of anxiety, depression, and stress levels, as well as the increased life satisfaction and psychological resilience (MacBeth & Gumley, 2012; Wang & Wu, 2024). Self-compassion helps in emotional control, which diminishes rumination, self-criticism, and avoidance practices. Adolescents who have a higher level of self-compassion are better stress copers, have better moods, and healthier reactions to social issues (Pakistani adolescent study, 2023). Self-compassion reverses the psychological impact of over disciplining parenting too. Internalization of inadequacy and dependency emotions is a risk to adolescents with helicopter parenting, but self-compassion can prevent these results due to the development of self-acceptance, balanced awareness, and adopting adaptive coping (Bluth & Neff, 2018).

Self-compassion affects social functioning beyond the emotional condition of individuals. Teens who exhibit greater levels of self-compassion are more empathetic and have stronger attachment, as well as more prosocial relationships (Sbarra et al., 2024). The aspect of relation is especially valuable in adolescence, when peer relations and social networks play the leading role in forming and adapting identities. Mindfulness-based stress reduction interventions and compassion-based training have proved to be effective in self-compassion, emotional regulation and social functioning (Rakhshani et al., 2025). These programs provide emphasis on the softness of self-compassion and its possibility of developmental and educational interventions. There are also wider implications of research on the society. Young adults who practice high self-compassion tend to exhibit prosocial behavior, make an ethical choice, and socially responsible behaviors (Rowien, 2025).

### **Purpose of the Study**

This research will mainly focus on analyzing how helicopter parenting is related to social competence and self-compassion in adolescents with a particular aim of determining the effects of over-involvement parenting behaviors on the

psychosocial development of adolescents. The increasingly popular type of parenting that has emerged in modern family relations is that of helicopter parenting, i.e., the high level of monitoring, control, and intrusion into the life of a child, which is raising some questions regarding the possible consequences of such a parenting style on the development of adolescents in terms of gaining some independence, learning to interact with others, and developing emotional stability. The purpose of this study is to examine the hypothesis that helicopter parenting is linked to lower social competence, or the capacity to effectively communicate, interact, and develop relationships with peers, and less self-compassion or the capacity to be kind to oneself, regulate emotions, and have a grounded perspective on personal problems.

## LITERATURE REVIEW

The social competence is a vital developmental construct that involves the capacity to communicate with other people in the most suitable, appropriate, and adaptable way in diverse social situations. Social competence becomes of special concern in the adolescent stage because adolescents increase their social interactions, negotiate peer relations, and acquire the interpersonal skills needed in adulthood (Gresham & Elliott, 1990). Social competence itself is not a social popularity or ingratiation measure, but it is the integration of emotional, cognitive and behavioral competence that allows adolescents to negotiate in complex social situations, be able to settle conflicts, assertiveness in communication and help form supportive relationships. One of the most crucial aspects that have been found to influence social competence in the adolescence stage is parenting styles. Helicopter parenting, which is characterized by heightened surveillance, dictation, and meddling on the social, educational, and personal life of the adolescents has recently become a topic of growing interest with respect to its adverse impacts on the social growth of the adolescents (Padilla-Walker & Nelson, 2012).

The study by Darlow et al. (2017) is a longitudinal study that explored how helicopter parenting influences social competence in students in high school. The results of the study revealed that adolescents that reported parental over control were less self-confidence in social situations, more likely avoided association with peers, and had a worse problem-solving ability in interpersonal situations. Likewise, Luebke et al. (2021) found that adolescents exposed to high levels of parental involvement demonstrated less involvement in extracurricular activities, less initiative when it comes to making friends and experience social anxiety. These results indicate that helicopter parenting can limit spontaneous exploration of the social experiences which is important in learning social skills.

Conceptually, Self-Determination Theory (SDT) is the theory that can be used to explain the relationship between helicopter parenting and self-compassion. Deci & Ryan (2000) have postulated that basic psychological needs of autonomy, competence and relatedness must be fulfilled in order to have a healthy psychological functioning. Helicopter parenting compromises the autonomy by limiting the adolescents to make their own decisions and solve the problem independently. Such a decrease in

autonomy combined with excessive control by parents may result in the intensification of the emphasis on external validation and performance that decreases self-compassion and increases maladaptive self-evaluation (Soenens et al., 2017). Repeatedly denied the opportunity to cope with the difficulties on their own, adolescents may develop self-critical traits because of the inability to develop confidence in the ability to manage the life challenges. These theoretical assertions are well supported by empirical studies. Bluth and Neff (2018) established that the adolescents with higher parental warmth and responsiveness had much greater levels of self-compassion compared to those who were exposed to controlling parenting that showed lower levels of self-compassion and greater levels of emotional dysregulation. Equally, Chew & Ang (2023) noted that helicopter parenting was adversely related to self-compassion, especially at the time when the adolescents viewed parental intervention as an invasion or domineering instead of supportive. Zhou et al. (2024) also have shown that teens who encountered chronic overcontrol more often developed feelings of inadequacy, tended to be more self-critical, and have a problem controlling negative emotions.

Research indicates that teenagers given an opportunity to fail and learn through failures are much more likely to develop high levels of self-compassion and, consequently, improved social skills. The over-protected ones on the other hand find it difficult to build a healthy inner voice. The significance of this research is that it indicates that in assisting the teenagers to become better people socially we should not simply instruct them in social tricks. We should rather assist them in developing their self-compassion. Once they are able to train themselves to be kinder with themselves, they will automatically be able to be more confident and able when it comes to other people. This literature review demonstrates that although parents may be operating under the premise that they are assisting the child because they are too involved, the best thing that they can do is to leave their children with a room to build their own sense of self-worth and social autonomy. Moreover, the influence of helicopter parenting is usually transferred into the emotional control of the teenager. A parent who is in charge of all the emotional crisis of their child, he or she does not learn to comfort her/himself. Such inability to self-soothe is tightly connected with the low levels of self-compassion. Unless a teenager can be left alone with difficult feelings without an adult intermediary, he or she is prone to self-control difficulties in social surroundings. As an example, when a peer is insulting, a teenager with low self-compassion and self-regulation may easily overreact or withdraw altogether. This is because they have not been able to work on building the emotional muscles that are required to deal with social stress.

According to Raes (2011), self-compassion has a great deal to do with reduced brooding and rumination both habits that tend to ruin social relations. As such, through cultivating self-compassion, we are simply providing the adolescents with the emotional means with which to carry on with healthy and stable social relations, even in the absence of their parents to counsel them. Finally, it has been indicated in the literature that helicopter parenting fosters a psychological environment that is

unfriendly toward the development of self-compassion. Due to such orientation of such parents on avoiding failure, the adolescent learns to fear the failure. As a result of this fear, a cruel inner critic is formed and thus inhibits the growth of social competence. The social world of adolescent is delicate and demands high level of empathy, assertion and cooperation. Such abilities are not easily learned in a book, but they have to be acquired in course of experience and a good sense of self. Through the mediating role of self-compassion, the researchers will be in a better position to comprehend the internal processes that connect parenting behaviors and social outcomes. This knowledge is important in designing interventions that will assist both parents and adolescents in transitioning to a more healthy and balanced relationship. When we are able to invite the parents to take a backseat and guide the adolescents to treat themselves kindly, we will be able to nurture a generation that is not only more independent, but also more socially able and emotionally strong.

### **Objectives of the Study**

- 1) To Examine the correlation between helicopter parenting and social competence in teenagers.
- 2) To test the correlation between helicopter parenting and self-compassion in adolescents.
- 3) To investigate the correlation between self-Compassion and social competence in adolescents.
- 4) To Study whether self-compassion is the mediating variable between the two variables of helicopter parenting and social competence in adolescents.
- 5) To Explore gender variations in self-compassion and social competence in adolescents.

### **Hypotheses**

H1: There will be a likely negative correlation between helicopter parenting and social competence and self-compassion in adolescents.

H2: The relationship between self-compassion and social competence in adolescents will likely be positive.

H3: Self-compassion will mediate between helicopter parenting and social competence in adolescents.

H4: There will be significant gender difference found in self-compassion and social competence among teenagers.

### **METHODOLOGY**

Study Conducted on 300 participants, were students in the secondary schools and colleges of the population of the study. The adolescents were selected due to the fact that this age group is characterized by numerous changes such as the heightened sensitivity to the parental control, the rise in the importance of peer relationships as well as the rapid emotional and social development. The convenience sampling was employed as it made it easy to get the participants, saved time, and it was possible to gain the required consent of the institutions. The Helicopter Parenting Behaviors Questionnaire (HPBQ) was used as the main measurement back in this study to

measure this type of parenting. HPBQ- HPBQ is a 15-item self-report scale which is specifically created to assess parental over-involvement, or hovering behavior, on academic, social and personal fronts. The Social Skills Rating System Scale was designed by Gresham & Elliott (2008) to assess the social skills of children and adolescents. A social skill is a collection of behaviors that people have learned to interact with others in the right manner and in the most appropriate way. The SSRS-SF measures four main dimensions of social functioning that include cooperation, assertion, empathy and self-control.

Self-Compassion Scale (SCS) was created by Neff (2023) to determine the degree to which people are kind and understanding of themselves when they experience hardship or feel they failed in something.

The Pearson correlation coefficients were applied to test the main hypotheses to identify the levels of relationship between the variables. The independent samples t-tests were performed to determine whether there existed any notable difference in the social skills or self-compassion depending on the factors such as gender. The decisive aspect of the statistical plan consisted in the application of the Mediation Analysis that was conducted under the PROCESS Macro (Model 4). The mediation analysis is a complex technique in establishing how one variable influence another. This research aimed to determine whether it was possible to explain the "Direct Effect" of Helicopter Parenting on Social Skills in terms of the "Indirect Effect" by Self-Compassion.

## RESULTS

This chapter gives the results of the statistical tests that were carried out to confirm the research hypotheses. The aim of the study was to examine the effects of helicopter parenting on social competence and self-compassion in adolescents, the mediating variable of self-compassion, and important gender differences.

### Demographic Characteristics

**Table 1:** Demographic Profile of Participants (N = 300)

Variable	<i>n</i>	%
Gender		
Male	140	46.7
Female	160	53.3
Family System		
Nuclear	205	68.3
Joint/Extended	95	31.7
Birth Order		
First Born	125	41.7
Middle Born	88	29.3
Last Born	87	29.0
Sibling Status		

Only Child	40	13.3
Has Siblings	260	86.7

The following table 1 displays descriptive frequency and percentage of all demographics including age, gender, birth order, Siblings Status, Family System used in the present study.

**Table 2:** Alpha Reliability for Helicopter Parenting Behaviors Questionnaire (N = 15)

Scale	<i>N</i>	<i>Cronbach's α</i>
Helicopter Parenting Behaviors Questionnaire	15	.94
Information Seeking	5	.89
Direct Intervention	5	.86
Autonomy Limiting	5	.84

*Note.* *N* = Number of items,  $\alpha < .80$

Table 2 presents psychometric properties of scale Helicopter Parenting Behaviors Questionnaire and its subscales that are utilized in the current research. The Total Scale of the Helicopter Parenting Behaviors Questionnaire gave .94 (>.80) indicating that the alpha was excellent. The Cronbach 8 value of Information seeking was .89 (> .80) which showed that there was good internal consistency, Direct Intervention was .86 (> .80) which showed that there was good internal consistency, and Autonomy Limiting was .84 (> .80) which showed that there was satisfying internal consistency.

**Table 3:** Alpha Reliability for Social Skills Rating System (N = 15)

Scale	<i>N</i>	<i>Cronbach's α</i>
Social Skills Rating System	15	.91
Cooperation	5	.88
Assertion	5	.82
Self-Control	5	.85

*Note.* *N* = Number of items,  $\alpha < .80$

The table 3 presents psychometric properties of the Social Skills Rating System and the subscales that have been employed in the present study. The Social Skills Rating System Total Scale Cronbachs alpha value was .91 (> .80) and this was an excellent internal consistency. Whereas the Cooperation subscale (.88, >.80) Cronbach alpha value (good internal consistency) was lower, we can state that the other two scaled items, Assertion (.82, >.80) (good reliability) and Self-Control (.85, >.80) (good internal consistency) had significant values.

**Table 4:** Alpha Reliability for Self-Compassion Scale (N = 26)

Scale	<i>N</i>	<i>Cronbach's α</i>
Self-Compassion Scale	26	.92
Self-Kindness	5	.87

Scale	<i>N</i>	<i>Cronbach's α</i>
Self-Judgment	5	.85
Common Humanity	4	.80
Isolation	4	.79
Mindfulness	4	.88
Over-identification	4	.83

*Note.* *N* = Number of items,  $\alpha < .80$

Table 4 presents psychometric characteristics of the Self-Compassion Scale and its subscales that are utilized in the current research. Self-Compassion Total Scale Cronbach alpha value was 0.92 (>.80) that showed great internal consistency. Whereas Cronbach  $\alpha$  values of subscales Self-Kindness was 0.87 (> 0.80) which represented good internal consistency, subscale Self-Judgment was 0.85 (> 0.80) representing good internal consistency, common Humanity was 0.80 (> 0.70) representing acceptable internal consistency, isolation was 0.79 (> 0.70) representing satisfactory internal consistency, mindfulness was 0.88 (> 0.80) representing good internal consistency.

**Table 5:** Means, standard deviations, and correlations among study variables

Variable	M	SD	1	2	3
1. Helicopter Parenting	3.42	0.68	—		
2. Self-Compassion	3.11	0.59	-.46**	—	
3. Social Competence	3.57	0.64	-.51**	.65**	—

*Note.*  $p < .05^*$ ,  $*p < .01$ . *M* and *SD* denote standard deviation and mean respectively.

Table 5 Shows The mean, the standard deviation and the correlations between helicopter parenting, self-compassion and social competence are seen in table 5. The findings indicate that helicopter parenting has a highly negative correlation with self-compassion ( $r = -.46$ ,  $p < .01$ ) and social competence ( $r = -.51$ ,  $p = .01$ ) and therefore, the greater the level of helicopter parenting, the lower the level of self-compassion and social competence among people. Also, self-compassion shows a positive and significant correlation with social competence ( $r = .65$ ,  $p < .01$ ) meaning that people with greater self-compassion are more likely to portray a high level of social competence.

### Mediation Analysis

**Table 6:** Regression Analysis for Mediation of Self-Compassion Between Helicopter Parenting and Social Competence

Variable	B	95% CI	<i>SE B</i>	<i>B</i>	<i>R</i> <sup>2</sup>	$\Delta R^2$
Step 1					.26	.26***
Constant	15.12	[11.48, 18.76]	1.84			

Variable	B	95% CI	SE B	B	R <sup>2</sup>	ΔR <sup>2</sup>
Helicopter Parenting	-.51***	[-.72, -.29]	.11	-.51***		
Step 2					.39	.13***
Constant	12.86***	[8.90, 16.72]	2.02			
Helicopter Parenting	-.25**	[-.39, -.11]	.07	-.30**		
Self-Compassion	.41***	[.26, .56]	.08	.45***		

Note.  $N = 120$ ; \*\*\* $p < .001$ , \*\* $p < .01$ ; CI = confidence interval.

Table 6 shows the mediation analysis that is investigating whether self-compassion mediates the association between helicopter parenting and social competence in adolescents. In model 1, helicopter parenting was significantly positively correlated with social competence ( $\beta = -.51$ ,  $p = .001$ ). The value of R<sup>2</sup>, which is 0.26, provides the information that helicopter parenting was found to explain the variance of 26 percent of the social competence of adolescents,  $F(1, 118) = 41.72$ ,  $p < .001$ . These findings indicate that an increased degree of helicopter parenting was linked to a reduced social competence in adolescents.

Step 2 involved the inclusion of self-compassion on the regression model. The R<sup>2</sup> rose to .39 which shows that a combination of helicopter parenting and self-compassion provided a 39 per cent account of the variance in social competence,  $F(2, 117) = 37.45$ ,  $p < .001$ . Social competence was also strongly predicted by self-compassion ( $\beta = .45$ ,  $p < .001$ ) indicating that those adolescents who were more compassionate towards themselves expressed more social competence. In the meantime, the impact of helicopter parenting became minor yet significant ( $\beta = -.30$ ,  $p < .01$ ). Self-compassion as a mediating variable is supported by the fact that the  $\Delta R^2 = .13$  value has an 13% added variance, which was explained by the inclusion of self-compassion

**Table 7:** Indirect Effect of Helicopter Parenting on Social Competence Through Self-Compassion

Mediator	Indirect Effect (ab)	Boot SE	95% CI
Self-Compassion	-0.26*	0.08	[-0.41, -0.14]

Note. The estimation of indirect effects was done with PROCESS Macro Model 4 with 5,000 bootstrap samples. CI = confidence interval.

Table 7 Shows, Indirectly, helicopter parenting on social competence via self-compassion was important statistically significant as indicated ( $ab = -0.26$ ,  $Boot SE = 0.08$ ). The 95% bootstrap confidence interval was between -0.41 and -0.14 and this could not contain a zero meaning that the mediation effect was significant. These results indicate that self-compassion mediates the association between helicopter and social competence of adolescents to a certain extent. In particular, it is found that the greater helicopter parenting levels, the lower the levels of self-compassion, which subsequently translates into lower levels of social competence in adolescents. Altogether, the findings can confirm the study hypothesis that self-compassion

mediates the relationship between helicopter parenting and social competence in adolescents, which means that self-compassion is a significant psychological process that correlates parenting style with the social performance of adolescents.

### Independent T Test

**Table 8:** Gender Differences in Self-Compassion and Social Competence among Teenagers

Variables	Male		Females		<i>t(df)</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Self-Compassion	34.5	5.1	29.1	6.3	7.92	<.001
Social Competence	42.8	7.5	51.2	8.4	-9.14	<.001

*Note.* *N* = 300. *M* = Mean; *SD* = Standard Deviation.

<sup>a</sup> *n* = 140 (Male), <sup>b</sup> *n* = 160 (Female)

\**p* < .05, \*\**p* < .01

An independent sample t-test was used to test the differences between genders in the self-compassion and social competence in teenagers as illustrated in table 8. The findings indicated that there was a great difference between sexes in terms of self-compassion, *t* (298) = 7.92, *p* <.001. Male participants (*M* = 34.5, *SD* = 5.1) had much higher self-compassion in contrast to female (*M* = 29.1, *SD* = 6.3). Likewise, the social competence exhibited a great difference between the genders, *t* (298) = -9.14, *p* <.001. The female participants (*M* = 51.2, *SD* = 8.4) showed a much higher level of social competence as compared to male participants (*M* = 42.8, *SD* = 7.5). On balance, the results show that among teenagers' males report higher self-compassion, and females report higher social competence.

## DISCUSSION

The results indicated the evident support of the hypothesis that negative correlation exists between helicopter parenting and social competence and self-compassion in the adolescents. The correlation findings indicated that helicopter parenting significantly and negatively correlated with self-compassion (*r* = -.46, *p* <.01) and significant and negative relationship with social competence (*r* = -.51, *p* <.01). These data allow us to understand that the higher the helicopter parenting degrees, the lower the self-compassion rates and the social competence of adolescents are likely to be. This observation is consistent with numerous scholars of times past: over-involvement and control, on the part of the parents, tend to make the teenagers less able to care about themselves and to relate with others in a trustworthy and self-reliant way.

Helicopter parenting is one that is over-controlling, overprotective, and meddling into the lives of children. This kind of parenting may restrict the freedom to act independently, solve problems independently, and be emotionally controlled (Segrin et al., 2012). Self-Determination Theory suggests that autonomy-supportive climate foster competence and psychological well-being, and controlling climates have the potential to decrease the intrinsic motivation and self-related resources

(Deci and Ryan, 2000). In the situations where parents constantly take action and deal with the challenges in the lives of adolescents, young individuals can develop their beliefs in their incompetence, become self-critical, and experience a reduced capacity to endure. These mechanisms are directly linked to self-compassion which is the ability to treat oneself well, the sense of universal human flaws and the balanced sense of distress (Neff, 2003). Teenagers who are subjected to highly restrictive or over-involved parenting can adopt unrealistic expectations and develop a sense of obligation to do things perfectly and not to make errors, which undermines self-understanding.

The studies indicate that female teenagers are more susceptible to such internalizing issues as anxiety, depression, and stress, which are adversely linked to self-compassion (Neff and McGehee, 2010; Bluth and Eisenlohr-Moul, 2017). Reduced self-compassion in females could be a sign that females are more emotionally reactive and experience more perceived social evaluation. Conversely, social norms may induce boys to exhibit emotional regulation and autonomy, which may support in an indirect way an increased self-acceptance and reduced rumination (Leadbeater et al., 1999). This does not necessarily mean that this leads to an improved emotional health but this can also be connected to higher self-compassion scores in males in survey-based research. The fact that females are much more socially competent is also in line with the prevailing literature. Social competence is the competence in relating to others, relationships and exhibiting proper social behaviors (Rose-Krasnor, 1997). It has often been demonstrated that adolescent girls would rank higher on empathy, communication and relational abilities measurement (Eisenberg and Fabes, 1998). Girls are also encouraged to be more emotional, nurturing, and interpersonal which can contribute to their interpersonal sensitivity to social effectiveness (Zahn-Waxler et al., 2008). Such gender patterns of socialization may result in enhanced socialization capabilities, emotional cognitions, and more cooperative responses in females.

The critical indirect impact ( $B=0.26$ ) specifically means that increased helicopter parenting level is a predictor of decreased self-compassion which results in a reduced social competence. This is in line with the studies that support those practices of supportive parenting contribute to healthier attitudes towards self, and socio-emotional competence (Grolnick and Pomerantz, 2009). Parenting styles that promote autonomy, respect feelings, and leave teenagers to face challenges that they can handle lead to positive development of self. Conversely, intrusive parenting can convey implicit messages, which adolescents cannot independently manage issues, which results in dependency and low levels of self-efficacy (Padilla-Walker and Nelson, 2012). Self-compassion is negatively correlated with lower self-efficacy and increased self-criticism which is also a reason explaining the mediational pathway (Neff, 2003).

### **Recommendations and Limitations.**

Future research directions might involve narrowing down constructs of helicopter parenting (parental overprotection or parental monitoring) to gain a more

exact insight on their respective outcomes on social competence and self-compassion. In addition to self-reports, researchers need to take into account such methods of research as observational or peer/teacher reports about the level of social competence and self-compassion to enhance the validity of research results. Longitudinal research designs can be used to follow changes through time, which will give more information about the developmental path of social competence and self-compassion in different degrees of parental involvement. Comparing the results in different cultural contexts can enhance the applicability of the results and show the contribution of cultural norms to the relationship between parenting, social competence, and self-compassion.

The findings of this paper can be used to inform the approaches to mitigate social anxiety, peer conflict, and low self-esteem among adolescents to establish more healthy peer relations and emotional stability. The research needs to be furthered to identify the mechanisms by which helicopter parenting influences social competence and self-compassion. These encompass the investigations of the influence of peer influence, personality factors, cultural norms, and biological factors in the development of the adolescents.

### **Practical Implications**

Helicopter parenting is a complex construct and it involves overprotection, intrusiveness, and excessive involvement. The challenge is conceptual and methodological as it is difficult to capture its subtle influences on social competence and self-compassion. There are various factors that affect social competence and self-compassion among adolescents such as peer relations, school life, and personal temperament. It is thus not easy to isolate the specific effects of helicopter parenting. The research used self-reports of adolescents to quantify the parenting behavior, social competence and self-compassion, which risks brainwash, and false remembrance. The cultural norms and socioeconomic background may influence parenting styles and outcomes in adolescence making the findings less generalizable in other settings or groups.

### **CONCLUSION**

The current research proposition was to evaluate the correlations between helicopter parenting, social competence and self-compassion among adolescents and to determine the possible moderating effect of helicopter parenting in the association between social competence and self-compassion. The research design employed was a quantitative one in that it aimed to draw conclusions on a wider group of adolescents. The findings suggest that social competence and self-compassion are strongly related to helicopter parenting. In particular, over-involvement and overprotective parental control seem to have an adverse effect on the ability of adolescents to cope in a social context and achieve self-compassion. Moreover, the relationship between social competence and self-compassion was observed to be mediated by helicopter parenting and indicated that over-involvement of parents in the parent-child relationships has the potential to increase or decrease the effects of

social skills on self-compassion. The findings highlight the relevance of balanced parenting practices towards facilitating the social and emotional development of adolescents.

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