

THE RELATIONSHIP OF PERCEIVED HELICOPTER PARENTING ATTITUDE WITH ANXIETY LEVEL AND DEPRESSIVE SYMPTOMS: THE MEDIATING ROLE OF SELF-EFFICACY AND EMOTION REGULATION

Almaz BANNAYEVA

0009-0003-0109-9428

BURSA ULUDAĞ UNIVERSITY

GRADUATE SCHOOL OF HEALTH SCIENCES

PSYCHIATRY (ADULT CLINICAL PSYCHOLOGY) DEPARTMENT
MSc PROGRAM

GRADUATION DATE: 29.07.2024

SUPERVISOR

PROF. DR. Aslı SARANDÖL

0000-0002-1092-8254

BURSA ULUDAĞ UNIVERSITY

GRADUATE SCHOOL OF HEALTH SCIENCES

PSYCHIATRY DEPARTMENT

BURSA – TÜRKİYE



THESIS ABSTRACT

The purpose of this study is to examine the relationship of perceived helicopter parenting attitude with anxiety and depression levels and the mediating role of self-efficacy and emotion regulation skills in this relationship. The study sample consists of 212 students between the ages of 18-30. "Personal Information Form", "Perceived Helicopter Parent Attitude Scale", "General Self-Efficacy Scale", "Emotion Regulation Skills Scale" and "Depression, Anxiety and Stress Scale" were presented to the participants through the online form. SPSS 25.0 and AMOS 24.0 programs were used in the analysis of the data obtained.

As a result of the analyses, it was determined that there was a positive and significant relationship of perceived helicopter parent attitudes and some of its sub-dimensions with anxiety and depression levels. Mediation analysis results show that the relationship of perceived helicopter mother attitude and the sub-dimension of helicopter attitude on ethical and moral issues with anxiety and depression is mediated by self-efficacy, emotion regulation skills and some sub-dimensions of emotion regulation skills. When correlation findings are examined, although it is observed that the level of anxiety and depression increases as helicopter parenting attitudes increase, the results of the mediation analysis suggest that the risk of the emergence of these psychopathologies can be reduced in cases when self-efficacy and emotion regulation skills can be improved.

APPLICATION AREAS OF THE THESIS RESULTS

It is thought that the current research will be beneficial for experts working on the subject in the academic field, mental health professionals in the prevention of psychopathology development and psychotherapy interventions.

ACADEMIC ACTIVITIES

Bannayeva, A. & Sarandöl, A. (2025). Helikopter ebeveynlik üzerine bir derleme çalışması. *Psikiyatride Güncel Yaklaşımlar*, doi: 10.18863/pgy.1484671.



KEY WORDS

- ✓ Helicopter parenting
- ✓ Depression
- ✓ Anxiety
- ✓ Self-efficacy
- ✓ Emotion regulation

CONTACT

E-MAIL:

almazbannayeva@gmail.com

THESIS SUPERVISOR

TELEPHONE:

0(224) 295 18 40

E-MAIL:

asli@uludag.edu.tr

