HELICOPTER PARENTING, LEISURE CONSTRAINTS AND RECREATION AWARENESS

[1]SÜLEYMANMUNUSTURLAR, [2]MÜGE AKYILDIZ MUNUSTURLAR

[1,2]Department od Recreation, Sport Science Faculty, Eskisehir Technical University, TURKEY.
Email: [1]suleymanmunusturlar@eskisehir.edu.tr, [2]mugeakyildiz@eskisehir.edu.tr

Abstract - The aim of this study is to examine the helicopter parenting levels, recreation awareness levels and the levels of leisure time constraints experienced by families whose children participate in regular recreational programs. In this study, the relational survey model was utilized since it includes the examination of parents' views on the dependent variables in the research in terms of the independent variables determined. 350 parents whose children participated in regular recreation programs, determined by using the convenience sampling method, constituted the sample of this study. The data were collected with a data collection form consisting of two parts. In the first part, the demographic characteristics of the participants were included, and in the second part, the Perceived Helicopter Parent Attitude Scale, the Leisure Time Barriers Scale and the Recreation Awareness Scale were included. Depending on the parametric test assumptions, Pearson Correlation Analysis was used to examine the effects and relationships of dependent variables on each other. The findings of the study reveal that there are significant positive relationships between Helicopter Parental Attitude and Perceived Leisure Constraints and Recreation Awareness.

Keywords - Helicopter Parenting, Recreation, Awareness, Leisure Constraints, Attitudes.

I. INTRODUCTION

Recreation programs appear before people with an ever-renewing range of diversity (Busser, 1993). Kraus (1997: 21) defines a recreation program as regular leisure time activities that are planned for specific purposes and enable individuals and groups to meet their expectations and needs. While the term program can be used for a single activity such as cycling, playing football or a class format repeated every week, it can also be used for a set of activities such as a fine arts practice course organized by an organization. The concept of program in recreation can be used for a single activity such as a ceramics workshop or a kite festival, or it can be used for a year-long practice offered by an institution or organization with a variety of activities over a long period of time. The most basic feature that distinguishes a recreational program from a pure recreational activity is the conscious implementation of a content that is not haphazard and is based on achieving goals to meet certain expectations and needs (Munusturlar, 2016). It is observed that there is an increase in the attitudes of parents supporting the participation of their children in these programs for their versatile development (Aslan &Cansever, 2017). Many studies conducted in the field of sports sciences in recent years indicate that recreational activities in leisure time make many positive contributions to the mental and physical health of the individual. However, it is also included in the written sources that individuals do not participate in such activities, which are very important for them, for various reasons or are prevented from doing so. The concept of "constraint", which is defined as the reasons perceived by the individual that restrict or prevent the individual from participating in recreational activities in leisure time, has become popular among recreational studies and has been frequently researched (Gürbüz&Karaküçük, 2007).

When we examine the literature on leisure and recreation, we see that there have been many studies, especially in the last 50 years, to determine the factors that prevent participation in leisure time in different societies and different groups. However, most of these studies conducted in the early periods are theory or model development studies to determine the factors that create or may create obstacles to participation (Gürbüz&Karaküçük, 2007).

The study of leisure and sport constraints is important for the leisure, recreation and exercise literature in many ways. In the leisure literature, the concept of "constraint" refers to the reasons encountered by the individual that prevent or restrict the individual's participation in recreational activities in leisure time. Crawford et al. (1991) examined leisure constraints in three dimensions such as intrinsic, interpersonal and structural and stated that the most effective of these dimensions is the intrinsic dimension and that it occurs at the decision-making stage of individuals. According to this model, "intrinsic constraints" is the most important factor that prevents or restricts participation in recreational activities, while the "structural constraints" factor is at the bottom of the ranking. It is possible to mention many social factors in understanding the factors that prevent individuals from participating in leisure activities. According to Alexandris and Carroll (1997), age, gender and education level are some of these factors (Ekinci, et al., 2014). Parenting approaches are one of the concepts whose alternatives are increasing day by day due to the fact that it is suitable to undergo constant change and transformation by taking many cultural, social and economic reasons behind it over the years.

Today, parenting approaches are characterized by different parent typologies. Although these typology classifications vary widely, it is seen that the most common types of parental behaviors today are helicopter parenting, hand-in-hand parenting, unyielding parenting, natural parenting, e-parenting, and positive parenting. Among these parent types, helicopter parenting is one of the parent types whose prevalence has increased the most in recent years (Duygulu, 2018). Helicopter parenting is a concept that refers to the attitudes of parents who are overly concerned with their children, live child-oriented, make plans for their children, help their children a lot, make programs for them, manage and intervene, and are perfectionists (Berger &Luckmann, 2008; Yılmaz&Büyükcebeci, 2019).

Excessive interest and dominance attitude towards their children is mostly observed in young generation parents, families with one or few children, and individuals with high socioeconomic status (Bradley-Geist & Olson Buchanan, 2014; Gui&Koropeckyj-Cox, 2016; Kwon, Yoo, & De Gagne, 2017). Parents with this attitude stated that they were aware of their behavior towards their children and that the reasons for this behavior were academic competition, the functioning of the current economic and social system, and the increase in crimes against children in society (Bristow, 2014).

The aim of this study is to examine the helicopter parenting levelsand the levels of leisure constraints and recreation awareness experienced by families whose children participate in regular recreational programs.

II. DETAILS EXPERIMENTAL

2.1. Research Model

Within the scope of this study, the relational survey model was utilized since it involves the examination of parents' views on the dependent variables in the study in terms of the independent variables determined.

2.2. Population and Sample

350 parents whose children participate in regular recreation programs in Eskişehir province using convenience sampling method constitute the sample of this study.

2.3. Data Collection Tool

The measurement tool planned to obtain the data will be designed in two sections. The first part will include the demographic characteristics of the participants. In the second part, the Perceived Helicopter Parent Attitude Scale (Yılmaz, 2019)andthe Leisure Time Constraints Scale (Alexandrisand Carroll, 1997) and Recreation Awareness Scale (Yılmaz, 2019)were used.

2.4. Data Analysis

In the data set, which was observed to meet the assumptions of parametric testing, analysis methods were used to examine the effects of independent variables on dependent variables and to test the relationships and differences between variables. Pearson Correlation Analysis was used to examine the effects and relationships between the dependent variables, and Independent Groups T-test and Multivariate Analysis of Variance (Anova) tests were used to test whether the dependent variables differed according to the independent variables.

III. RESULTS AND DISCUSSION

	HA	HABT	HAFEPL	HAFAL	HAEMI
LC	.425*	.452*	.401*	.536*	.715*
IP	.496*	.353*	.352*	.389*	.785*
LI	.412*	.455*	.323*	.489*	.365*
IF	.152	.325*	.251*	.122	.742*
LF	.113	.106	.069	.098	.102
LT	.452*	.474*	.601*	.521*	.632*
ID	.126	.098	.94	.112	.156

Table1: Correlations between helicopter parenting and leisureconstraints

Helicopter attitude (HA),Helicopter attitude on basic trust (HABT), Helicopter attitude in the field of emotional-personal life (HAFEPL), Helicopter attitude in the field of academic life (HAFAL), Helicopter attitude on ethical-moral issues (HAEMI) - Leisure Constraints (LC), Individual psychology (IP), Lack of information (LI), Inadequate facilities (IF), Lack of friends (LF), Lack of time (LT), Indifference (ID).

In an attempt to analyse the relations aimed at Helicopter Parent Attitude and its sub-dimensions and Leisure Bar and its sub-dimensions, Pearson correlation coefficient is calculated and Correlation Analysis is conducted (Table 1). According to results, it is observed that there is a medium level positive correlation between helicopter attitude and leisure constraints ($r= .425$; $p<0.05$) and it sub-dimensions; individual psychology ($r= .496$; $p<0.05$), lack of information ($r= .412$; $p<0.05$), lack of time ($r= .452$; $p<0.05$). No significant relationships were found between helicopter attitude and inadequate facilities ($r= .152$; $p>0.05$) and, lack of friends ($r= .113$; $p>0.05$) and indifference ($r= .126$; $p>0.05$). And also it is observed that there are medium level positive correlations between leisure constraints total score ($r= .452$; $p<0.05$) and sub-dimensions of helicopter attitude;helicopter attitude on basic trust ($r= .412$; $p<0.05$), helicopter attitude in the field of emotional-personal life ($r= .401$; $p<0.05$), helicopter attitude in

the field of academic life (r= .401; p<0.05), helicopter attitude on ethical-moral issues (r= .715; p<0.05), (Table 1).

	HA	HABT	HAFEPL	HAFAL	HAEMI
RA	.741*	.517*	.507*	.311*	.701*
PF	.514*	.473*	.352*	.254*	.695*
SS	.598*	.422*	.542*	.198*	.455*
SI	.671	.514*	.652*	.226	.621*

Table 2: Correlations between helicopter parenting and recreation awareness

Helicopter attitude (HA),Helicopter attitude on basic trust (HABT), Helicopter attitude in the field of emotional-personal life (HAFEPL), Helicopter attitude in the field of academic life (HAFAL), Helicopter attitude on ethical-moral issues (HAEMI)-Recreation awarenesss (RA), Pleasure/Fun (PF), Social/Success (SS), Self improvement (SI)

According to results, it is observed that there is a high level positive correlation between helicopter attitude total score and recreation awareness (r= .741; p<0.05)and medium positive correlations between helicopter attitude total score and sub-dimensions of RA; and pleasure/fun (r= .514; p<0.05), social/success (r= .598; p<0.05), self-improvement (r= .671; p<0.05). Alsoit is observed that there are medium level positive correlations between recreation awareness and sub-dimensions of helicopter attitudes; helicopter attitude on basic trust (r= .517; p<0.05), helicopter attitude in the field of emotional-personal life (r= .507; p<0.05), helicopter attitude in the field of academic life (r= .311; p<0.05), helicopter attitude on ethical-moral issues (r= .701; p<0.05), (Table 1).

CONCLUSIONS

In conclusion, the results show that although parents with high helicopter attitude scores also have high recreation awareness scores, their leisure time participation is likely to be negatively affected due to their high leisure time barriers scores. It is seen that helicopter parents who put their children at the center of their lives experience more leisure constraints in their lives.

ACKNOWLEDGMENTS

This research was conducted within the scope of Eskisehir Technical University (Turkey), 102 Research Support Project (Project number: 23ADP161).

REFERENCES

[1] Aslan, N., & Cansever, B. A. (2017). Okuldaki Sosyal Etkinliklere Katilimda Ebeveyn Çocuk Etkileşimi Kültürlerarasi Bir Karşilaştirma. Ege Eğitim Dergisi, 8(1), 113-130.

[2] Berger PL, Luckmann T. (2008). Gerçekliğin Sosyal İnşası/ Bir Bilgi Sosyolojisi İncelemesi. İstanbul: Paradigma Yayıncılık, s.70-74.

[3] Bradley-Geist J, Olson-Buchanan J. (2014), Helicopterparents: An examination of thecorrelates of overparenting of collegestudents, Education Training, 56(4), 314-328.

[4] Duygulu, S.(2018). Yeni Nesil Ebeveynlik ve HelikopterAileler: K KuşağıveTekno – Digital Kuşak, İstanbul, DestekYayınları.

[5] Ekinci, N. E., &Ozdilek, C. (2019). Investigation of university students' awareness of recreational activities. International Online Journal of Educational Sciences, 11(2), 53-66

[6] Gui T, Koropeckyj-Cox TJ. (2016). "I AmtheOnly Child of myParents:" Perspectives on futureeldercareforparentsamongChineseonly-childrenlivingoverseas. Journal of Cross-CulturalGerontology, 31(3), 255-275.

[7] Gürbüz, B., &Karaküçük, S. (2007). Boş Zaman Engelleri Ölçeği-28: Ölçek Geliştirme, Geçerlik Ve Güvenirlik Çalışması. Gazi BedenEğitimiveSporBilimleriDergisi, 12(1), 3-10.

[8] Kwon KA, Yoo G, Bingham GE. (2016). Helicopterparenting in emergingadulthood: SupportorbarrierforKoreancollegestudents" psychologicaladjustment? Journal of Child andFamilyStudies, 25(1), 136–145.

[9] Yılmaz, H. (2019). İyi ebeveyn, çocuğu için her zaman her şeyi yapan ebeveyn değildir: Algılanan Helikopter Ebeveyn Tutum Ölçeği (AHETÖ) geliştirme çalışması. Erken ÇocuklukÇalışmalarıDergisi, 3(1), 3-31.

[10] Yılmaz H, Büyükcebeci A. (2019). Bazı Pozitif Psikoloji Kavramları Açısından Helikopter Ebeveyn Tutumlarının Sonuçları. Türk Psikolojik Danışma ve Rehberlik Dergisi, 9(54), 707-744.

★★★