

The mediating role of resilience in the relationship between helicopter parenting and several indicators of mental health among emerging adults

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Abstract

Helicopter parenting has received much attention in the last decade. The growing literature on this phenomenon illustrates the negative consequences of helicopter parenting. The detrimental effects of helicopter parenting on emerging adults may be especially more present in collectivist cultures. Studies carried out with this population have demonstrated that mental health problems among this group are more prevalent than those of other groups. Hence, an understanding of the factors affecting mental health at this age is critical. The deleterious effects of helicopter parenting on mental health among emerging adults are well-documented. However, there is a lack of literature investigating the mediating role of resilience between helicopter parenting and mental health issues (i.e., depression, anxiety, and stress). To bridge this gap, we collected data from 402 emerging adults ($M = 21.31$, $SD = 2.01$). Our results revealed that although helicopter parenting was a risk factor for several indicators of mental health among emerging adults, resilience mitigates the potential detrimental effect of helicopter parenting.

KEYWORDS

anxiety, depression, helicopter parenting, resilience, stress

1 | INTRODUCTION

Almost all parent desires to raise their children with care, support, and love. They employ a variety of strategies when providing care for their children. These parenting strategies have an impact on the present and future physical, psychological, social, and emotional development of children (Srivastav & Mathur, 2020). An emerging parenting style is called over-parenting or helicopter parenting (HP), in which parents over-intervene in their children's lives and provide them with a great deal of assistance in efforts to prevent them from challenges and obstacles (Kömürcü-Akik & Alsancak-Akbulut, 2021; LeMoyné & Buchanan, 2011; Leung, Leung, 2021; McGinley & Davis, 2021). Helicopter parents are well-intentioned and attempt to solve their children's educational-, social-, and work-related difficulties (McGinley, 2018) to make critical decisions for their children to pursue a more fulfilled life (Segrin et al., 2015) and to prevent their children from making mistakes (Carr et al., 2021). Although these efforts appear to be good deeds, paradoxically they might damage children's development and well-being (Evans & Karl, 2022). This form of parental involvement may impede the development of critical life skills such as self-efficacy, self-control, self-competence, and autonomy and as a consequence, children of helicopter parents become more inclined to report mental health issues (e.g., Li et al., 2014; Reed et al., 2016; Şimşir Gökalg, 2022; Wang et al., 2021) and more likely to have lower levels of well-being (e.g., Buchanan & LeMoyné, 2020; LeMoyné & Buchanan, 2011; Schiffrin et al., 2019). Furthermore, the lack of such important life competencies is especially troubling for emerging adults who are expected to be independent (Carr et al., 2021).

In general, studies examining HP frequently focused on university student population (Casillas et al., 2021). Helicopter parents who have college-age children commonly supervise their children's assignments, choose the courses they participate in, get in touch with college presidents, deans, and academics, negotiate on the grade with the instructors, ask for an extension for their child, and even accompany their children to job expos and interviews (Locke et al., 2016; Vinson, 2013). A growing number of professionals, university officials, and academics are worried about these parenting practices (Reed et al., 2016). Additionally, the number of research addressing the negative effects of HP, such as addiction (Cui et al., 2019; Şimşir Gökalg, 2022), mental health issues (Set, 2020; Wang et al., 2021), and school burnout (Love et al., 2020), is increasing each day. The investigation of HP, however, is still in its infancy. Hence, this study aims to expand the existing literature on HP. More specifically, we aim to examine whether perceived HP is related to mental health (anxiety, depression, and stress) and whether resilience has a mediating role in this relationship among emerging adults.

1.1 | Literature review

1.1.1 | Theoretical background

Parenting and parenting approaches are sophisticated and intricate that depend on a wide range of social and personal circumstances (Srivastav & Mathur, 2020). In this sense, it is crucial to take into account both individual and contextual factors to have a greater understanding of HP and its potential consequences. Ecological system theory (Bronfenbrenner, 1979) and self-determination theory (SDT; Deci & Ryan, 1985; Ryan & Deci, 2017) give us a beneficial and effective theoretical foundation for comprehending the connections between HP and mental health.

According to the ecological system theory (Bronfenbrenner, 1986; Bronfenbrenner & Ceci, 1994; Korkut Owen, 2020), five intertwined sociocultural systems (a microsystem, mesosystem, exosystem, macrosystem, and chronosystem) surrounding the individual, in which the individual is at the core, affect the development of the individual. These systems are included in the time factor called the chronosystem: (i) The microsystem encompasses settings including the home, school, and workplace. Parental behaviors may have a crucial impact on child's development (Li et al., 2014) and psychological functioning since the family is the first and nearest setting in which a

person has contact. (ii) The mesosystem is the network of environments that interact to affect a person at a particular time (i.e. school–parent). (iii) Exosystem includes formal or informal social structures such as legal regulations and mass media. Technological advancement has prompted overly involved parents to continuously monitor their children via social media sites, email, text messages, smartphone applications, and trackers (Dumont, 2021). (iv) The macrosystem is the outward layer of the society that includes the educational, economic, political, religious, and legal systems. In this regard, culture has a significant influence on how parents raise their children (Srivastav & Mathur, 2020). Parents' helicopter tendencies may also have been prompted by the worldwide changes that both parents and children have been experiencing, the competitive economic climate, and university entry requirements (LeMoyné & Buchanan, 2011).

From a personal perspective, it is imperative to consider the fundamental needs of college students, which must be fulfilled to function optimally (e.g., Benlahcene et al., 2020; Şimşir et al., 2020). According to SDT (Ryan & Deci, 2000, 2017), all students have a set of three innate, motivating, and fundamental psychological needs to be met: (i) autonomy (to manage one's behavior freely, experience psychological independence, and make own choices), (ii) competence (sense of confidence that one is capable of overcoming obstacles and mastering difficult tasks), and relatedness (to feel engaged with people and to enjoy pleasant interactions). However, HP inhibits these fundamental human needs that are critical for well-being (Evans & Karl, 2022; Leung, 2021; Reed et al., 2016; Schiffrin et al., 2019; Şimşir Gökalp, 2022; Wang et al., 2021). To exemplify, Schiffrin et al. (2019) indicated that HP has an undesirable impact on basic psychological needs, leading to depression, anxiety, and reduced life satisfaction in university students.

1.1.2 | Helicopter parenting and mental health

Mental health issues might emerge for a wide range of reasons, such as biological, social, economic, environmental, and psychological factors (World Health Organization, 2022). Parenting is a social factor that influences people's mental health (LeMoyné & Buchanan, 2011; Wang et al., 2021). Scholars have, therefore, addressed various parenting practices and approaches as potentially affecting factors for the manifestation of depression, anxiety, stress, and alcohol-related problems (Kouros et al., 2017; Patock-Peckham & Morgan-Lopez, 2009; Smout et al., 2020).

Emerging adulthood is a transition process between adolescence and adulthood (Arnett, 2000). Arnett (2006) refers to emerging adulthood as “prolonged adolescence.” Young people struggle for growing independence in areas such as decision-making in personal and financial situations throughout the period of emerging adulthood (Padilla-Walker et al., 2019). In other words, a sense of competence and independence are crucial for desired development throughout life (Jung et al., 2020; Love et al., 2020). Therefore, it might be claimed that attempts at restriction or control are particularly harmful during this period to emerging adults' well-being (Padilla-Walker et al., 2019).

As suggested earlier, helicopter parents have a greater tendency to be highly controlling and restricting their offspring's autonomy in developmentally inappropriate manner (Kouros et al., 2017; van Ingen et al., 2015). A growing number of studies have shown that HP may be detrimental to youths' well-being. Emerging adults raised by helicopter parents may be more prone to mental health issues such as anxiety (Leung, 2021; Schiffrin et al., 2019), depression (Schiffrin et al., 2019), perceived stress (Cook, 2020), lower well-being (Kouros et al., 2017; LeMoyné & Buchanan, 2011), and alcohol use problems (Cui et al., 2019). These study findings led us to our first hypothesis:

H1. *There is a positive association between HP and mental health problems (stress, anxiety, and depression) in emerging adults.*

1.1.3 | Helicopter parenting and resilience

Resilience is typically defined as overcoming obstacles and successfully adapting in the face of challenging situations (Luthar, 2015; Rutten et al., 2013). Resilient individuals can better cope with adversities, stressors, traumas, and difficulties

(Karaman et al., 2018). In this regard, it is an important psychological resource (Zhao et al., 2022). Given the high attrition rates caused by the stress of change and new obstacles, resilience is particularly crucial for emerging adults who are transitioning to university (Dorrance Hall et al., 2021; Johnson et al., 2015). These students frequently encounter difficulties at university, including adapting to changes in the environment, meeting academic requirements and expectancies, establishing new, meaningful relationships with people, and growing individual responsibility (Gansemer-Topf et al., 2014). In fact, resilient university students employ adaptive regulating practices, accomplish better academic results, and have improved well-being (Hartley, 2011; Johnson et al., 2015).

Parenting attitudes are one of the significant factors in developing and strengthening resilience (Dorrance Hall et al., 2021; Zakeri et al., 2010; Zhong et al., 2016). For instance, Zakeri et al. (2010) revealed that the parenting style of acceptance and involvement positively predicts resilience. However, not all parenting styles are similar. HP has been found to be negatively correlated with resilience in college students (Dorrance Hall et al., 2021). Helicopter parents inhibit their children from developing effective coping and decision-making abilities since they rarely allow them the opportunity to deal with their problems by themselves (Evans & Karl, 2022; Jung et al., 2020; Kouros et al., 2017). Adult children of overprotective parents, therefore, frequently avoid problems or rely on others to handle their difficulties (Evans & Karl, 2022; Segrin et al., 2015). People who do not possess the capacity to deal successfully with obstacles are unable to adjust, and their resilience may suffer. Given this rationale, it would be reasonable to assume that HP is negatively related to resilience, leading to the second hypothesis:

H2. *There is a negative association between HP and psychological resilience in emerging adults.*

1.1.4 | Resilience and mental health

The prevalence of mental health issues in adulthood has recently drawn the attention of researchers and the media (e.g., Arnett et al., 2014; Gustavson et al., 2018; Jurewicz, 2015; Schiffrin et al., 2014). Jurewicz (2015) asserted that despite the scarcity of diseases or disabilities in emerging adults, mental health issues are common. According to the longitudinal research by Gustavson et al. (2018), anxiety disorders, major depressive disorder, and alcohol use disorder were very common at age 19–29 years (any mental disorder was detected in 19.8% of males and 32.4% of females). At ages 30–42, the prevalence of mental problems was reduced. Similarly, a study by Kessler et al. (2005) discovered that more than 40% of individuals between the ages of 18 and 29 experienced psychiatric problems in the last 12 months at the time of data collection. For this reason, it would be useful to investigate the resources that protect emerging adults against mental problems.

Resilience is regarded as a protective mechanism that prevents individuals from developing a condition (psychopathology) in stressful situations (Davydov et al., 2010). A great number of empirical research have shown that resilience is adversely associated with indications of psychological problems such as negative emotions, stress depression, and anxiety (Haktanir et al., 2020; Hu et al., 2015; Shapero et al., 2019; Wu et al., 2020). Additionally, resilience has a positive relationship with indicators of psychological health including positive affect, hope, life satisfaction, happiness, subjective well-being, and meaningful living (Arslan, 2019; Satici, 2016; Satici et al., 2020; Yildirim et al., 2022). Subsequently, we suggested the third hypothesis based on the existing empirical evidence:

H3. *There is a negative association between resilience and mental health issues (stress, anxiety, and depression) in emerging adults.*

1.1.5 | The role of resilience in the association between helicopter parenting and mental health

Empirical studies have mostly demonstrated the adverse effect of HP style on mental health (e.g., LeMoyné & Buchanan, 2011; Wang et al., 2021), which has become a popular term in various areas, including, education and

media (van Ingen et al., 2015). To illustrate the association between HP and mental health, some researchers in the literature have also investigated the role of various mediating factors. For example, Reed et al. (2016) reported that self-efficacy is a significant mediator in the relationship between HP and physical health, depression, anxiety, and life satisfaction in college students. Another study carried out by Wang et al. (2021) showed that basic psychological needs and self-control serially mediated the relationships between HP and depression level. Likewise, the study conducted with Turkish college students revealed that perceived mother HP affects psychological symptoms through impulsivity and an inflated sense of self (Set, 2020). In this study, we conjectured a final hypothesis to explain the potential mechanism in the relationship between helicopter parents and mental health problems:

H4. *Resilience plays mediating role in the association between HP and mental health problems (stress, anxiety, and depression) in emerging adults.*

2 | METHOD

2.1 | Participants

In this cross-sectional study, we recruited 402 emerging adults (82.1% females) from three different state universities in Turkey. Participants live in 39 different provinces of Turkey and their ages ranged from 18 to 28 ($M = 21.31$, $SD = 2.01$).

2.2 | Procedures

After obtaining the ethics committee approval, we collected data through an online survey consisting of an information sheet, a demographic questionnaire, the Helicopter Parenting Scale (HPS), the Depression, Anxiety, and Stress Scale (DASS-21), and the Brief Resilience Scale. We distributed the survey link to potential respondents via e-mail, social media (e.g., WhatsApp), and other online data dissemination platforms (e.g., Microsoft Teams). We also asked the participants to share the survey link with others. Before completing the survey, information sheet provided information about the purpose of the study, the nature of voluntary participation, and the participants' choice to exit the survey at any time. Data were collected from October 24 to November 6, 2022 and after this time period, the questionnaire was closed for response.

2.3 | Instruments

2.3.1 | Demographic questionnaire

We used a questionnaire to measure participants' demographic characteristics including age, gender, and living conditions.

2.3.2 | Helicopter Parenting Scale (HPS)

The HPS was developed to measure parents' inability or reluctance to allow their children to experience life's challenges independently (LeMoyne & Buchanan, 2011). Okray (2016) translated and adapted the scale into the Turkish language. The scale consists of seven items, and includes items such as "My parents often stepped in to

solve life problems for me.” The response set for the helicopter parenting items range as follows: 1 = *strongly disagree*, 5 = *strongly agree*. For this scale, possible scores range from 7 to 35 and a higher total score indicates a greater level of helicopter parenting. Item factor loadings of the scale vary between 0.56 and 0.66. The Cronbach's α coefficient for the Turkish form was 0.74, and the test retest reliability score was 0.80. In addition, the internal consistency reliability for this study was 0.70.

2.3.3 | Brief Resilience Scale (BRS)

The BRS was developed by Smith et al. (2008) to assess individuals' level of ability to overcome difficult situations. Haktanir et al. (2016) translated and adapted the scale into the Turkish language. The instrument consists of six items such as “It does not take me long to recover from a stressful event.” All items are rated using a 5-point Likert scale, ranging from 1 = *strongly disagree*, 5 = *strongly agree*. Higher scores from the instrument indicate greater resilience. Haktanir et al. (2016) found a Cronbach's α value of 0.86 for college students. In this study, we found an α score of 0.87.

2.3.4 | The Depression, Stress, and Anxiety Scale (the DASS-21)

The DASS-21 is a self-report scale assessing the presence of depression, stress, and anxiety symptoms (Henry & Crawford, 2005; Mahmoud et al., 2012). Yılmaz et al. (2017) translated and adapted the scale into the Turkish language. The scale consists of seven items for each subscales, yielding a total of 21 items for the entire scale, and includes items such as “I couldn't seem to experience any positive feeling at all” (i.e., depression); “I tended to over-react to situations” (i.e., stress); “I felt scared without any good reason” (i.e., anxiety). All items are rated using a 4-point Likert scale, ranging from 0 = Did not apply to me at all to 3 = Applied to me very much. Participants answered the scale based on what they experienced during the last week. The Cronbach's α coefficients for the Turkish form were 0.82 for depression, 0.81 for anxiety, and 0.76 for stress. Finally, in this study the internal consistency reliabilities were 0.90 for depression, 0.86 for anxiety, and 0.88 for stress.

2.4 | Data analysis

After transferring the data to SPSS, we calculated descriptive statistics and carried out the primary analysis. In this study, we examined the existence of the following conditions for mediation analysis: (i) mental health problems (depression, anxiety, and stress) must be connected to HP, (ii) resilience must be connected to mental health problems, (iii) HP must be connected to resilience, (iv) there must be a statistically significant decrease in the impact of HP on mental health problems when resilience is controlled. We utilized the SPSS PROCESS macro version 3.5 (Hayes, 2018) to test the mediation role of resilience in the relationship between helicopter parenting and mental health problems. In the analyses, we used 5000 bootstrap samples with a 95% confidence interval.

3 | RESULTS

3.1 | Primary analysis

The results showed that skewness ranged between -0.23 and 0.50 . The values of kurtosis ranged between -0.83 and -0.17 . These values indicate acceptable distribution characteristics for further analysis (George &

TABLE 1 Descriptive statistics and correlations among study variables.

| Variables | 1 | 2 | 3 | 4 | 5 | M | SD | Skew | Kurt |
|---------------|---------|---------|--------|--------|---|-------|------|-------|-------|
| 1. HP | - | | | | | 20.64 | 4.84 | 0.08 | -0.17 |
| 2. Resilience | -0.30** | - | | | | 18.32 | 5.28 | -0.23 | -0.26 |
| 3. Depression | 0.32** | -0.51** | - | | | 7.24 | 5.67 | 0.50 | -0.68 |
| 4. Anxiety | 0.38** | -0.45** | 0.62** | - | | 7.81 | 5.47 | 0.44 | -0.76 |
| 5. Stress | 0.39** | -0.52** | 0.71** | 0.70** | - | 9.51 | 5.59 | 0.08 | -0.83 |

Abbreviations: Kurt, Kurtosis; Skew, Skewness.

** $p < 0.001$.

Mallery, 2010). We observed positive moderate correlations between HP and depression ($r = 0.32$, $p < 0.001$), anxiety ($r = 0.38$, $p < 0.001$), and stress ($r = 0.39$, $p < 0.001$). HP and resilience ($r = -0.30$, $p < 0.001$) demonstrated a negative moderate correlation. The findings also showed a negative moderate correlation between resilience and depression ($r = -0.51$, $p < 0.001$), anxiety ($r = -0.45$, $p < 0.001$), and stress ($r = -0.52$, $p < 0.001$), see Table 1.

3.2 | Mediation analysis

The mediating role of resilience in the relationship between HP and depression, anxiety, and stress was examined. The results of the mediation analysis are shown in Table 2. First, this model demonstrated that HP predicted depression ($\beta = 0.375$, $p < 0.001$), anxiety ($\beta = 0.433$, $p < 0.001$), and stress ($\beta = 0.455$, $p < 0.001$). Second, this model revealed that HP had a negative effect on resilience ($\beta = -0.327$, $p < 0.001$). Third, resilience was negatively correlated with depression ($\beta = -0.483$, $p < 0.001$), anxiety ($\beta = -0.377$, $p < 0.001$), and stress ($\beta = -0.463$, $p < 0.001$). Fourth, when mediator variables were included in the analysis, coefficients decreased between HP and depression ($\beta = 0.217$, $p < 0.001$), anxiety ($\beta = 0.310$, $p < 0.001$), and stress ($\beta = 0.303$, $p < 0.001$). In addition, the findings showed that resilience mediated the relationship between HP and depression ($\beta = 0.158$; 95% CI = 0.102–0.222), anxiety ($\beta = 0.123$; 95% CI = 0.080–0.176), and stress ($\beta = 0.151$; 95% CI = 0.099–0.215). Finally, this model indicated that the predictor variables explained 28% of the variance in depression scores, 27% of the variance in anxiety scores, and 33% of the variance in stress scores (see Figure 1).

4 | DISCUSSION

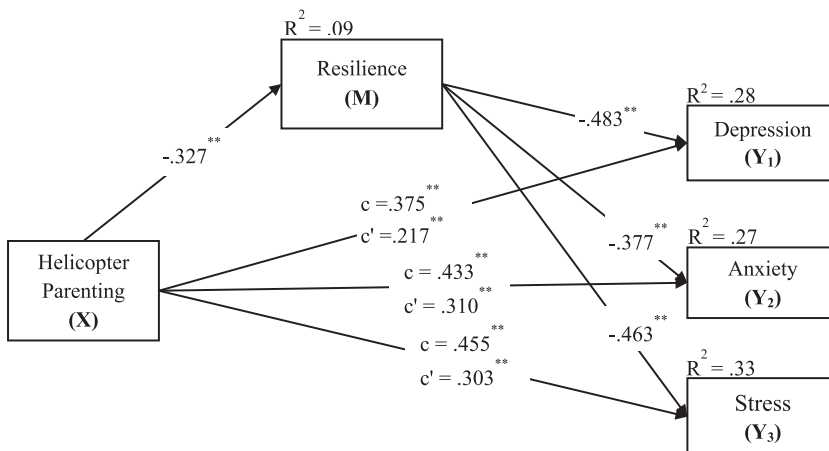
Though well-intended, helicopter parenting deprives children of critical life experiences such as being independent and competent. Several adverse outcomes have been associated with such overprotective parenting style including a decreased sense of competency, autonomy, and control over one's life. Additionally, several studies have discovered the detrimental effect of this parenting practice on mental health. The present study examined the impact of HP on depression, anxiety, and stress as mediated by resilience. In other words, we aimed to ascertain whether resilience showed a protective role in mediating the detrimental effects of HP on mental health problems (i.e., depression, anxiety, and stress).

As in previous studies (e.g., Wang et al., 2021), our findings confirmed that HP exhibited a significant direct effect on depression. Though the positive correlation between HP and depression is well-established, the findings of studies examining the mental health of emerging adults showed mixed results regarding the effect of HP on anxiety (e.g., Darlow et al., 2017; Love et al., 2020; Ulutaş & Aksoy, 2014). When the relationship between HP and

TABLE 2 The effect of helicopter parenting on mental health problems (depression, anxiety, stress) via resilience.

| | Coefficient | 95% CI | |
|-----------------------|-------------|--------|--------|
| | | LL | UL |
| Path 1 | | | |
| Direct effect | | | |
| HP→Resilience | -0.327 | -0.430 | -0.225 |
| Path 2 | | | |
| Direct effect | | | |
| Resilience→Depression | -0.483 | -0.577 | -0.390 |
| Resilience→Anxiety | -0.377 | -0.468 | -0.285 |
| Resilience→Stress | -0.463 | -0.552 | -0.353 |
| Path 3 | | | |
| HP→Depression | | | |
| Direct effect | 0.217 | 0.115 | 0.319 |
| Indirect effect | 0.158 | 0.102 | 0.222 |
| Total effect | 0.375 | 0.266 | 0.484 |
| HP→Anxiety | | | |
| Direct effect | 0.310 | 0.210 | 0.409 |
| Indirect effect | 0.123 | 0.080 | 0.176 |
| Total effect | 0.433 | 0.331 | 0.536 |
| HP→Stress | | | |
| Direct effect | 0.303 | 0.205 | 0.401 |
| Indirect effect | 0.151 | 0.099 | 0.215 |
| Total effect | 0.455 | 0.350 | 0.559 |

Abbreviations: CI, confidence interval; HP, helicopter parenting; LL, lower limit coefficient; UL, upper limit coefficient.

**FIGURE 1** Mediation model of study variables.

anxiety is examined, our results differ from the results of Darlow et al. (2017) and Love et al. (2020). However, our findings were similar to those of Ulutaş and Aksoy (2014) and suggested a significant relationship between HP and anxiety. This result may be explained by cultural differences and the degree to which parents affect emerging adults' lives. Both Darlow et al. (2017) and Love et al. (2020) collected data in the USA, while the present study and Ulutaş and Aksoy's (2014) study collected data in Turkey. Unlike the USA, Turkey has a collectivist culture in which the interaction with and perceptions of others are critical for individuals and how they perceive themselves. Most university students in Turkey do not work and depend on their parents financially during their university education. The parent-child relationship is seen as a lifelong journey in Turkey, and parents are omnipresent in an individual's life. Given the present and future focus of anxiety, rather than past orientation of depression, it is possible that helicopter parents can continue affecting emerging adults' lives during their university education in collectivist cultures more than they do in individualistic cultures. Finally, another important finding of the present investigation was the significant direct relationship between HP and stress. This result also accords with earlier findings in the literature (e.g., Cook, 2020). By over-involvement in many areas, helicopter parents can evoke more stress among emerging adults while trying to reduce the burden on them.

Perhaps the most unique aspect of this study was the examination of resilience's mediation role. Our results revealed that the relationship between HP and depression, anxiety, and stress were more nuanced than mere direct effects and that resilience mediated the relationship between HP and depression, anxiety, and stress. In other words, resilience played a protective factor and decreased the likelihood of exhibiting depression, anxiety, and stress symptoms even when overprotective parenting (i.e., HP) was present. Additionally, it was observed that helicopter parenting was associated with a decrease in participants' resilience levels. In other words, helicopter parenting not only increased the manifestation of depression, anxiety, and stress among emerging adults, but also hindered their resilience. Given SDT's emphasize on autonomy and competence, overprotective parenting can jeopardize individuals' self of autonomy and competence, which can negatively affect their mental health. Thus, a plausible explanation for the protective role of resilience between HP and anxiety, depression, and stress can be due to the fact that resilience allows individuals to cope with the negativity associated with HP.

4.1 | Implications

4.1.1 | Parents and mental health providers

A deeper understanding of resilience's mediating role between helicopter parenting and depression, anxiety, and stress can be useful for parents and mental health providers. Given helicopter parenting's negative significant relationship with resilience and depression, anxiety, and stress, results of this study may foster overprotective parents' awareness of how their parenting style can negatively affect their children, even after childhood and adolescence. Such an awareness may also translate into their behaviors and how they approach their children. Mental health providers working with emerging adults can utilize the findings of this study in treatment planning.

4.1.2 | Theoretical framework

Earlier in the theoretical background section, we provided theoretical rationale regarding the relationship between mental health (i.e., depression, anxiety, and stress) and HP. Our findings support the notion that an individual is affected by its surroundings (i.e., the Ecological System Theory; Bronfenbrenner, 1979). From a sociological perspective, parents, who can be placed in one's microsystem, not only make an impact in childhood and adolescence but also continue influencing the mental health in emerging adulthood. Additionally, our findings can be at least partially attributed to SDT. From a personal perspective, SDT emphasizes the importance of autonomy,

competence, and relatedness. Given that HP is adversely related to several mental health indicators (e.g., depression, stress), this finding can be because of how overprotective parenting hampers a sense of autonomy and competence among emerging adults. The scope and findings of this study do not provide evidence for how the relatedness aspect of SDT may be linked to HP.

4.2 | Limitations and directions for future research

Although the findings of this inquiry are promising, these findings may be somewhat limited. First, we did not differentiate between HP behaviors between mothers and fathers. The source of overprotective parenting, whether it is the mother, father, or both, may make a difference in how emerging adults perceive such behaviors. Therefore, future studies can investigate the mediating role of resilience between HP and mental health disorders while considering the source of HP (e.g., father, mother). Second, given the purpose of this investigation, it was important to include participants with and without depression, anxiety, and stress symptoms. However, we did not collect mental health diagnosis information from our participants. Consequently, future studies can ensure the inclusion of participants diagnosed with depression, anxiety, or stress-related disorders. Third, we collected data from predominantly female college students. Education is free of charge and many individuals can pursue a college degree in Turkey. Nonetheless, the experiences of college students from a particular university may not represent the experiences of all emerging adults; thus, precaution should be exercised in the generalization of the findings. Fourth, the scope and findings of this study do not provide any rationale for a potential relationship between HP and relationships. Thus, future researchers can examine this phenomenon. Finally, we obtained parenting style information from emerging adults, which may or may not reflect the actual parenting style of the participants' parents. Thus, future studies should receive parenting style information from the primary source: parents.

5 | CONCLUSIONS

This combination of results provides evidence for the conceptual premise that HP can negatively affect emerging adults' mental health. Additionally, the general picture emerging from our findings is that resilience is crucial in cushioning the undesirable effects of HP on mental health (i.e., depression, anxiety, and stress). It seems possible that individuals with greater resilience, which refers to individuals' ability to cope with setbacks, can manage possible negative effects of HP. These findings may help researchers and parents to better understand how HP can have a direct impact on mental issues and health. Finally, the present study also accentuates the pivotal role of resilience in protecting against mental health disorders when HP is present.

CONFLICT OF INTEREST STATEMENT

The authors declare no conflict of interest.

DATA AVAILABILITY STATEMENT

Data of this study can be shared upon reasonable request.

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PEER REVIEW

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