



RESEARCH PAPER

Urdu Translation and Validation of the Consolidated Helicopter Parenting Scale on Pakistani Youth

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ABSTRACT

Research has demonstrated that helicopter parenting has adverse effects on the psychological well-being of youth. Consolidated Helicopter Parenting Scale (Schiffrrin et al., 2019) is a reliable and valid scale for assessing helicopter parenting, however, this scale is not available in Urdu language. Hence, the objective of this research was to translate and validate this measure. This objective was achieved in two phases where in Phase I, the scale was translated into Urdu language using Brislin's (1980) guideline. In Phase 2, validity was examined using a sample of 480 young people with an age range between 16-22 years (M = 18.6, SD = 1.60) with equal number of male and female participants using purposive and convenient sampling technique. The translated version showed greater internal consistency and confirmatory analysis provided a good fit of the model to the data reflecting upon the valid factor structure of the scale on a Pakistani sample. Overall, findings demonstrated that this is a valid and reliable tool and therefore, would improve further assessment of this parenting style in Pakistani sample.

Keywords: Assessment, Confirmatory Factor Analysis, Helicopter Parenting, Parenting Practices, Validation

Introduction

Parenting behaviours are one of the key factors which influence the developmental outcomes of a child and the end purpose of parenting is to create happy, fulfilled, and well-adjusted youngsters who can contribute to community (Amani et al., 2020). Parents employ a variety of involvement strategies to educate and control their children (Bradley & Wildman, 2002) and evidence suggests that parenting practices including their efforts for behavioural control and their involvement with children's activities have been consistently related with positive consequences for children (Barber et al., 1994; Wilder, 2014). However, research also suggests that in order to support their children's autonomy and to facilitate optimal outcomes in transition years including late adolescents and emerging adults, parents need to modify their level of involvement and control (Arnett, 2000; Nelson et al., 2011). If strategies to show involvement and control in adolescents and emerging adults lives are developmentally inappropriate, then this phenomenon have been referred to as helicopter parenting (Padilla-Walker & Nelson, 2012; Segrin et al., 2012).

Helicopter Parenting

Helicopter parenting also known as 'over-parenting' is an emerging topic in the literature having contradictory components of both problematic as well as supportive parenting practices (Givertz & Segrin, 2014) typically during late adolescence and emerging adulthood (Zong & Hawk, 2022). According to Willoughby et al. (2013), helicopter parents are too active in their children's lives to the extent of being intrusive while simultaneously

being perpetually concerned about their wellbeing. Such parenting techniques involve activities where parents provide their kids constant attention, support, keep hovering over their children, and are ready to resolve any problem that the child may experience, thus hindering their decision-making and problem-solving skills (Luebbe et al., 2018). These parents are extremely controlling and protective, telling their children what to do immediately and later without equipping kids with the skills to be independent (Ganaprakasam et al., 2018). Reed et al. (2016) also defined helicopter parenting as overly active and dominating parenting style, especially with regard to young adults. Moreover, such a parenting style uses developmentally inappropriate levels of behavioral control that may decrease their children's sense of autonomy (Padilla-Walker & Nelson, 2012; Schiffrin et al., 2014) while increasing the levels of dependency on parents.

According to Bradley-Giest and Olson-Buchanan (2014), there is a difference between involvement and over parenting. Parental involvement and over parenting are not necessarily incompatible (Bradley-Giest & Olson-Buchanan, 2014). Some parents who over-parent are also responsible parents, but not all involved parents over parent. Despite of these definitional aspects, research evidence repeatedly suggests that parental over-involvement in children's lives promotes unhealthy progress (Combs et al., 2003; Day & Padilla-Walker, 2009; Joussemet et al., 2008; Padilla-Walker & Nelson, 2012; Pomerantz et al., 2007) and is associated with poor mental health outcomes including greater depression and anxiety (Hong & Cui, 2020; Lythcott-Haims, 2015; Schiffrin et al., 2014), low levels of psychological wellbeing (Cui et al., 2019; Hong & Cui, 2020; LeMoyne & Buchanan, 2011; Reed et al., 2016; Schiffrin et al., 2014, Wieland & Kucirka, 2019), and poor problem-solving skills (Luebbe et al., 2018). Similarly, helicopter parenting has also been found to be associate with poor academic achievement, lowered general self-esteem, problematic peer relationships, and greater interpersonal reliance (Odenweller et al., 2014; Schiffrin et al., 2014; Segrin et al., 2015; Van et al., 2015). Emerging adults' interpersonal (Darlow et al., 2017; Padilla-Walker & Nelson, 2012; Segrin et al., 2012; van Ingen et al., 2015), adaptability level (Rousseau & Scharf, 2015), and coping skills (Odenweller et al., 2014; Segrin et al., 2012), which all lead to low levels of their well-being have been associated with helicopter parenting. Hence, this can be assumed that overall, this parenting style could adversely impact youth development and their social functioning.

Considering this unique parenting style with both positive and negative dimensions of control and care, it is very important to assess this parenting style and its outcomes cross-culturally. One of the widely used measures of helicopter parenting is Consolidated Helicopter Parenting Scale (CHPS; Schiffrin et al., 2019). It is a ten-items, self-report questionnaire for assessing the level of involvement of helicopter parents in their children's lives (Ingen et al., 2015; Schiffrin et al., 2014). Previous authors (e.g., Odenweller et al. 2014; Padilla-Walker & Nelson, 2012) have reported satisfactory alpha coefficients as well as construct and criterion-related validity for the samples on which it has been used. Scores ranges from 10-54 where higher scores indicated greater helicopter parenting.

Batool and Mumtaz (2015) found differences in perception of parenting styles in Pakistani culture as supportive parenting, which according to them, otherwise appeared as helicopter parenting may be perceived positively by Pakistani participants. Other available evidence (Weitkamp & Seiffge-Krenke, 2019) also suggests that Pakistani youth perceived psychological control by parents as caring. These different perceptions may have an impact on the consequences for late adolescents and emerging adults of Pakistan as compared to western culture, however, lack of valid measures in Urdu could be a barrier in this respect. Considering that limited evidence is available from non-western samples and non-availability of translations in Urdu language, the present study aimed to translate the scale into Urdu language and validate on a sample of Pakistani youth. Although it is a crucial indicator of helicopter parenting, the scale's psychometric qualities have mainly been tested on Western populations; hence it urgently needs to be translated into other dialects. Given

that we are from Pakistan, which has a distinctive sociocultural environment, present study was conducted and we tried to use the appropriate testing and translating techniques to produce a cross-cultural and informative research instrument in Urdu language.

Material and Methods

The current research was completed in two phases. In Phase I, scale was translated, whereas in Phase II, psychometric properties of the translated version were established. Following are the details of both phases:

Phase I

In this phase, CHPS was translated into Urdu language using forward and backward translation method by Brislin (1980).

Forward Translation

A total of five subject experts / bilinguals translated the scales from English to Urdu. Two had PhD in English, two had MA in English, and one had a PhD in (Psychology). The translators were instructed to translate the items as accurately as they could, to recognize those that did not apply to Pakistani culture, and to recommend the best alternatives. After five translations were received, the best Urdu translation was selected using a committee approach of subject matter experts having a sound knowledge and experience in the field of psychological assessment.

Back Translation

For back translation, Urdu translated version was handed over to another set of five bilingual expert. There were five bilingual experts; three of them had an MPhil. in psychology, having expertise in psychometrics, and two had an M.A. (English). Translators were asked to back-translate the scales in English while maintaining equivalence between the two versions. After receiving the back translated versions, best version was selected through a committee of subject matter experts. The final version of back translation was shared with the original author of the original scale and after getting his approval, the version was considered ready for field testing.

Tryout

To check whether the translated version of the scale was understandable, a sample of twenty individuals was drawn using convenience sampling technique from two post graduate colleges from Abbottabad, Khyber Paktunkhaw. Participants with equal number of male and female participants were asked to highlight any issues related to comprehension of the Urdu version. Finding suggested that participants experienced no issues and reported that all statements were easy to understand.

Phase II

In Phase 2, factor structure of the scale was examined through Confirmatory Factor Analysis. Following are the details:

Sample

Psychometric properties of the Final translated version were established on a sample of 480 late adolescents and emerging adults with equal number of male and female participants. The age range of the participants was 16-22 years ($M = 18.6$, $SD = 1.60$) and they were approached using convenience sampling technique from various public and

private sector colleges and universities of Abbottabad including Modernage College for Girls, Modernage College for Boys, Army Burn Hall College for Girls, COMSATS University, Abbottabad Campus and Abbottabad University of Science and Technology).

Procedure

Through their respective administrative departments in the institution or college, the sample for this study was approached. Participants were briefed about research objectives and they were informed about the voluntary participation, their right to quit the study at any moment without explaining any reason. Information about confidentiality and anonymity was shared and after obtaining informed consent from the participants, data for this study was collected on demographic data sheet and CHPS. Participants were asked to fill the questionnaires carefully so that none of the questions remained unanswered. In the end, participants were thanked for taking part in the research.

Results and Discussion

Table 1
Descriptive Statistics and Alpha Reliability Coefficient of Study Variable (N = 480)

Scale	K	α	M	SD	Range		Skewness	Kurtosis
					Potential	Actual		
CHPS	10	.92	38.69	11.48	10-50	10-50	-1.12	.82

Note. CHPS = Consolidated Helicopter Parenting Scale.

Table 1 illustrates descriptive statistics, alpha reliability coefficient for the CHPS. The reliability analyses show that the scale has satisfactory alpha coefficient (Cortina, 1993) as shown in table. Data is normally distributed as shown in the values of Skewness and Kurtosis which is within the range of -2.96 to $+2.96$ (Field, 2013).

Table 2
Item-total Correlation of Consolidated Helicopter Parenting Scale (N = 480)

No of items	r	No of items	r
1	.85**	6	.90**
2	.89**	7	.87**
3	.83**	8	.89**
4	.89**	9	.83**
5	.90**	10	.91**

** $p < .01$

Table 2 illustrates the item-total correlation of CHPS. Findings show high positive correlations between each item and the CHPS composite score.

Table 3
Confirmatory Factor Analysis of Consolidated Helicopter Parenting Scale (N = 480)

Model	χ^2	df	X^2/df	P	GFI	CFI	NFI	TLI	SRMR	RMSEA
1	318.14	35	9.09	.00	.87	.93	.93	.92	.03	.12
2	52.25	25	2.09	.00	.97	.99	.98	.98	.01	.04

Note. χ^2 = Chi-Square; df = Degree of Freedom; GFI = Goodness of Fit Index; IFI = Incremental Fit Index; CFI = Comparative Fit Index; RMSEA = Root Mean Square Error of Approximation; SRMR = Standardized Root Mean Square Residual; CHPS= Consolidated Helicopter Parenting Scale

Table 3 shows the result for factor structure in which factors were loaded on to the latent factor of CHPS. Model 1 shows that values of GFI, IFI, CFI, χ^2 (df) and RMSEA did not lie in acceptable range. In model 2, error variance was added, to get values closer to 1. After

that values improved closer to 1 which indicates good model fit i-e $RMSEA = .04$, $TLI = .98$, $CFI = .99$, $GFI = .97$.

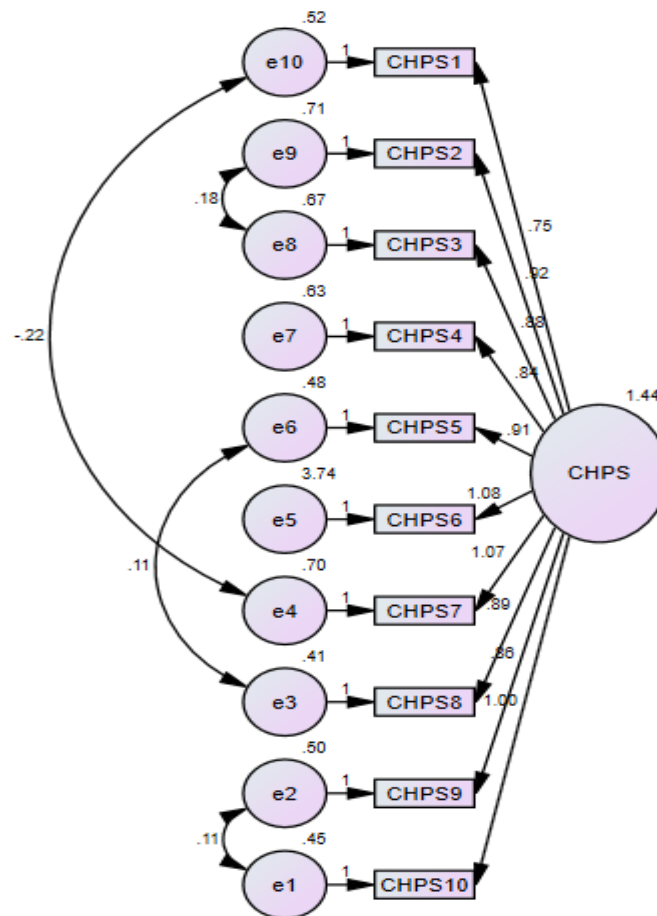


Figure 1 Confirmatory Factor Analysis of Consolidated Helicopter Parenting Scale for Factor Structure (N = 480)

In past few years, helicopter parenting style have been found to be associated with multiple negative outcomes for late adolescents and young adults and researchers are trying best to develop suitable scale measuring all the aspects of this parenting style. Consolidated Helicopter Parenting Scale (CHPS) is one of the best instruments that has been developed using an exploratory factor analysis of five well-known measures of helicopter parenting and includes items for measuring the helicopter parenting style of both parents (Bradley-Geist & Olson-Buchanan 2014; LeMoyné & Buchanan 2011; Odenweller et al., 2014; Padilla-Walker & Nelson 2012; Shiffrin et al., 2014), hence, it is able to cover the common understanding of the phenomenon. The present study aimed to translate the Consolidated Helicopter Parenting Scale and examine its factor structure on a Pakistani population.

The research was completed in two phases and the findings of Phase 1 provided an Urdu translated version of CHPS and the try out study showed that the translated version was comprehensible for the participants.

In Phase 2, confirmatory factor analysis was performed to examine the factor structure of the CHPS. The findings of factor analysis supported the one-factor solution as suggested by Shiffrin et al. (2019) and showed satisfactory alpha coefficients and item-total correlations of the scale. In line with the previous research (Shiffrin et al., 2019, 2021), Urdu translated version appears to be a valid and reliable tool for measuring helicopter parenting styles of both mothers and mothers as perceived by emerging adults and its related outcomes. As parenting styles and their perception is largely influenced by respective

cultural values, it would be very interesting to see if by using the CHPS on a Pakistani sample, the outcomes of the construct remain similar or different.

The present study, though very sound, also have certain limitations which could be addressed by future researchers. The first limitation is that this study utilized an educated and urban sample, hence, generalization over people who are less educated or living in rural setting may bring certain other facets of the phenomenon. This study only provides statistical evidence of the factor structure and the future researchers could also examine the convergent and /or divergent validity of the measure which will add to the soundness of the CHPS on a Pakistani sample. As in Pakistani society, young people are expected to obey their parents and they are not expected to reveal their family-related matters to outsiders, consequently, social desirability might have had an impact on how individuals reported on this measure. Future studies may focus on addressing these weaknesses and it is also suggested using this scale, social, emotional, and academic outcomes of helicopter parenting need to be measured on Pakistani population.

Despite a few limitations, this study has strengths that it has provided the researchers with a valid and reliable tool to measure helicopter parenting and its outcomes for our youth. Up to the researchers knowledge, there is no Urdu scale available to measure this phenomenon in Pakistani population, so this scale would be a good contribution to the existing field of knowledge. As a result, the Consolidated helicopter parenting scale's Urdu translation may be used as a starting point for empirical studies on parenting behaviors and comparison of this parenting styles and its outcomes can be made in various Urdu speaking samples from the Pakistan, India or the migrants in developed countries

Conclusion

Based on the findings of the present study, it can be concluded that consolidated helicopter parenting scale Urdu version is a valid and trustworthy measure for evaluating helicopter parenting. This translation into Urdu is expected to be useful for psychologists, doctors, and practitioners in identifying high risk populations and organizing interventions for people with disrupted well-being. Future researchers can utilize the Urdu version of the scale with a range of populations that are unable to understand English measures. Using this scale in Pakistan may provide with the findings that may also make parents more aware of the detrimental effects of helicopter parenting and inspire them to reevaluate their approach from the perspective of their children.

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