

PENGARUH *HELICOPTER PARENTING* SEBAGAI POLA KOMUNIKASI PROTEKTIF TERHADAP KEMAMPUAN PENGAMBILAN KEPUTUSAN DEWASA MUDA.

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ABSTRAK

Penelitian ini bertujuan mengidentifikasi pengaruh *helicopter parenting* sebagai pola komunikasi protektif terhadap kemampuan pengambilan keputusan dewasa muda. Dalam kerangka *Family Communication Pattern Theory*, pola protektif dicirikan orientasi konformitas tinggi dan orientasi percakapan rendah; *helicopter parenting* merepresentasikan konfigurasi ini karena kontrol dan keterlibatan orang tua yang berlebihan membatasi ruang otonomi anak. Penelitian kuantitatif eksplanatori ini menggunakan survei kuesioner daring. Sampel 389 mahasiswa UPN Veteran Jakarta usia 18–25 tahun dipilih melalui teknik *cluster sampling*. Data dianalisis dengan regresi linear sederhana. Hasil menunjukkan pengaruh negatif signifikan: $p < 0,001$; $r = -0,700$; $R^2 = 0,490$, yang berarti 49% variasi kemampuan pengambilan keputusan dijelaskan oleh tingkat *helicopter parenting* sebagai pola komunikasi protektif. Temuan menegaskan perlunya orang tua menggeser komunikasi ke arah dialog partisipatif untuk mendukung kemandirian kognitif dan keberanian anak membuat keputusan.

Kata kunci: dewasa muda, *helicopter parenting*, komunikasi keluarga, pengambilan keputusan, pola komunikasi protektif.

***THE EFFECT OF HELICOPTER PARENTING AS A
PROTECTIVE FAMILY COMMUNICATION PATTERN ON
EMERGING ADULTS' DECISION-MAKING ABILITIES***

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ABSTRACT

This study investigates the effect of helicopter parenting as a protective family communication pattern on emerging adults' decision-making ability. Within the Family Communication Pattern Theory framework, the protective pattern reflects high conformity orientation and low conversation orientation; helicopter parenting maps onto this profile because excessive parental control and involvement constrain children's autonomy. Using a quantitative explanatory survey design, data were collected online from 389 UPN Veteran Jakarta students aged 18–25 selected via cluster sampling based on reported helicopter parenting experiences. Simple linear regression analysis showed a significant negative effect: $p < 0.001$; $r = -0.700$; $R^2 = 0.490$, indicating that 49% of the variance in decision-making ability is explained by the level of helicopter parenting as a protective communication pattern. The findings underscore the need for parents to shift toward more open, participatory dialogue to foster cognitive autonomy and confident decision-making in young adults.

Keywords: *decision-making, emerging adulthood, family communication, helicopter parenting, protective communication pattern.*