

ABSTRAK

Helicopter Parenting ditandai keterlibatan intens orangtua yang dimaksudkan untuk melindungi, namun berpotensi menghambat kemandirian remaja dalam mengambil keputusan. Penelitian ini bertujuan menggambarkan proses pengambilan keputusan pada remaja akhir dengan *Helicopter Parenting*. Metode yang digunakan adalah kualitatif fenomenologi dengan tiga partisipan berusia 21–22 tahun. Data diperoleh melalui wawancara dan observasi, lalu dianalisis dengan teknik Miles dan Huberman. Hasil menunjukkan bahwa *Helicopter Parenting* memengaruhi pengambilan keputusan melalui hubungan emosional, tekanan akademik dan sosial, serta ekspektasi keluarga. Proses ini membentuk keputusan yang hati-hati, terstruktur, dan bergantung pada restu orangtua sehingga kemandirian terbatas. Perbedaan terlihat antara remaja yang tinggal bersama orangtua dan yang merantau, di mana jarak fisik mengurangi intensitas kontrol namun tidak menghilangkan pengaruhnya. Penelitian ini menegaskan bahwa *Helicopter Parenting* menghasilkan gaya pengambilan keputusan berorientasi keamanan dan persetujuan sosial, sementara kemandirian berkembang secara bertahap.

Kata kunci: Fenomenologi, *helicopter parenting*, pengambilan keputusan, penelitian kualitatif. remaja akhir.

ABSTRACT

Helicopter parenting is characterized by intense parental involvement intended to provide protection, yet it may hinder adolescents' independence in decision-making. This study aims to describe the decision-making processes of late adolescents raised under helicopter parenting. A qualitative phenomenological approach was employed with three participants aged 21–22 years. Data were collected through interviews and observations, then analyzed using Miles and Huberman's technique. The findings revealed that helicopter parenting influenced decision-making through emotional bonds with parents, academic and social pressures, and family expectations. This process shaped cautious, structured decisions that relied on parental approval, thereby limiting independence. Differences were observed between adolescents living with their parents and those living apart, where physical distance reduced the intensity of parental control but did not eliminate its influence. The study concludes that helicopter parenting fosters decision-making styles oriented toward security and social approval, while independence develops gradually through individual exploration.

Keywords: *Decision-making, helicopter parenting, late-adolescence, qualitative phenomenology*