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English 110C

February 21, 2018

### Effects of Having Overprotective Parents

Growing up I've always had overprotective parents. They did not allow me to go to sleepovers or go out with friends unless an adult was around. I was not allowed to wear what I wanted because they did not approve of it. There are pros and cons to having overprotective parents. Kids believe that parents should not be very overprotective; they should give their children space to grow and experience life itself as they grow. Being an overprotective parent can affect a child's life in many different ways; they may start doing risky things, disobeying their parents, and they may become very anxious when allowed to do something. Also, the child could be bullied for many reasons.

First, I will be discussing the pros of having overprotective parents. Kids tend to be more responsible and independent. They are taught to think for themselves and solve problems on their own. Their parents usually make them get jobs and save their own money, and this often helps them with being financially successful in the future. They have lots of self-control. Strict parents set lots of boundaries and instill that there is punishment for inappropriate behavior. With this in mind, kids are less likely to act out or do risky things. They are taught this from an early age, and it more than likely carries over to adulthood. Confidence is another pro of having a strict parent;

the parents usually push their kids to be better which boosts their confidence. They meet new challenges and learn to overcome them. Their parents typically don't praise them for small things, but things that make them go above and beyond. This also boosts their confidence, feeling a sense of success. Kids of strict parents typically have better grades in school. Their parents believe they can be the best and push them hard in school. They tend to study more and pay attention. They are more obedient and more than likely to attend college later in life.

Secondly, some of the cons of having overprotective parents would be children having long term effects due to having overprotective parents. Studies show they tend to have emotional problems, health problems, and rely on medication. They get babied so much by their parents when they're upset or angry. When they get older, it will be more difficult for them to cope with their emotions. Three studies in 2013 showed that they had examined overprotective parents and the results showed that it had several adverse outcomes on college students. The college students who said their parents were overly involved and controlling had lower psychological well-being. They have hard times going out and meeting new people once away from home. They miss out on a lot of things because they tend to stay to themselves. Also, it showed that they might be more likely to take medicine for depression and anxiety. Medication takes a toll on your mental state also and could make them more depressed. When they get older, it will be more difficult for them to cope with their emotions. Studies in 2016 showed that when children get old enough to live on their own, they will have health issues. They say this because overprotective parents always provide for their children, instead of just explaining to them what needs to be done and

for what reason it needs to be done for, such as telling them to eat carrots, but not telling them how carrots can help them. When kids are in pain an overprotective parent is most likely to give them medication to treat their pain. As they get older, depending on the person, they will rely on medicine for every illness that they may have. They are leading to taking medication in their adulthood for depression and anxiety.

There are many reasons why parents are overprotective. Some parents have a sense of entitlement; they feel as if their child deserves more one on one time than others. They're always being nosey and compare their child to other kids. These parents are scared of failure for their kids. They don't want their kids to feel the emotions of failing, so they try to protect them from feeling bad emotions. They want to keep their kids young. They control their kids and tell them what and how to do things. This way parents can always feel wanted and not get the sense that their kids are not aging. They require control. The world as everyone knows is a dangerous place. Parents who control their kids can monitor who they talk to, where they go, and how they will go about doing things. Parents also want to live vicariously; they often spend a lot of time doing their kid's work/projects and get invested in it. They feel a failure when the work does not do as good as they want as if it was their own grade.

In conclusion, having an overprotective parent can impact their children positively and also affect their children negatively as I stated in the first paragraph about me having overprotective parents. My personal belief is I didn't like having overprotective parents because I didn't have that much fun at a young age. I believe parents should be in the mix, not too strict

and also not too lenient, so their kids won't be corrupt. Having a parent who is a mix of both will have a good relationship with their child. I believe the child will be comfortable to talk to their parents about stuff that's bothering them or how they feel. They can be more outgoing and experience more when throughout life. They will transition smoothly into the real world without any great worries. When they get into the real world, they will not be so dependent on their parents and will be able to have responsibility. Having an overprotective parent can suck because of all the negative things you get from it. You may live a boring teenage life. May grow up needing your parents for everything. I didn't state this in my body paragraphs above but overprotective parents, kids may get bullied. They may get bullied for not being able to go to exciting events that the whole school is going to. They may get bullied for being timid since they're very dependent on their parents. Also, they could get bullied because of their clothes. I say this because an overprotective parent will control what their child wears. Meaning that most likely what the child likes they will not get to wear because it is not appropriate in their parents' point of view. This could result in the child having low self-esteem, which is leading to depression and anxiety. Overprotective parents should give their kids/teens some space to have fun. They should continue to talk to them and lift their spirit, so they are comfortable to talk to them about what goes on in their life.

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