

## Abstract

This study examined the impacts of early adolescents' bonding with parents and grandparents (autonomy, care, indifference and overprotection) on their happiness, grit and academic performance, as well as the potential mediation effect of sleep disturbance in those relationships. Participants included 1110 children in their sixth grade from four elementary schools in Jintan City, Jiangsu Province, China. Children completed self-reported questionnaires on parental bonding, happiness and grit, while parents completed the Children's Sleep Habits Questionnaire (CSHQ). Teachers scored the academic performance of children. The results demonstrated that parental autonomy or care, and parental indifference or overprotection were positively and negatively correlated with children's happiness, grit as well as academic performance respectively. Specifically, parental indifference and overprotection each was positively related to sleep disturbance, while sleep disturbance was inversely associated with academic performance. More importantly, sleep disturbance partially mediated the relationship between parental indifference and academic performance. These results suggested that parental autonomy or care is more preferable for better positivity and academic achievement, whereas ignorance or excessive protection should be rejected. The inter-relationships of parental indifference and overprotection as well as sleep disturbance and academic performance should also be noticed. More specifically, the partial mediating effect of sleep disturbance on parental indifference and academic results was found.

**Keywords:** parental bonding, autonomy, care, indifference, overprotection, sleep disturbance, happiness, grit, academic performance, early adolescents