

## **Abstract**

The population is ageing and grandparent care is prevalent in China, yet most research on the relationship between grandparental care and grandchildren's mental health outcomes has been conducted in Western cultural settings. This study quantitatively investigated the potential effects of grandparents' involvement on grandchildren's psychological well-being in the unique Chinese context, based on Mustillo et al.'s (2020) stress-buffering and stress-amplification models. A self-report questionnaire was utilised, and 175 valid responses from participants aged 15 to 25 in mainland China were collected through social media platforms. By employing statistical methods of the correlation matrix and the linear regression analysis, the stress-buffering model was demonstrated, and grandparental health status was evidenced as a moderator in the correlation. These findings indicate that higher grandparental involvement predicts positive grandchildren's psychological well-being outcomes only when grandparents are in better health condition. Besides, the moderation role of grandparental health status has scarcely been addressed in the previous literature, pointing to a novel direction for future research. This study fills a gap in the Eastern context regarding grandparenting influences and draws the attention of Chinese policymakers to grandparent care.