

# The Influence of Sleep on Academic Achievement among Junior High School Students

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## ABSTRACT

The purpose of this study is to explore the sleep quality, parenting style, socio-economic status, academic achievement and related factors of the ninth grade students in Changhua. This study examines the difference and correlation of sleep quality, parenting style, socio-economic status of the subjects, exploring the impact of sleep quality, parenting style, socio-economic status on academic achievement. The subjects are 514 students selected from junior high schools in Changhua by convenience sampling method. The questionnaires used in this study include Pittsburgh Sleep Quality Index Scale, the Parenting Style Scale, and the Socio-economic Status Scale. Frequency distribution, t-test, one-way ANOVA, Pearson's correlation and hierarchical multiple regression are used for the data analysis. The results are as follows: 1. Ninth grade students in general had poor sleep quality. The lack of sleep in the week days was worse than in the weekend. 2. There were no significant gender differences in sleep quality and academic achievement. 3. There were significant differences in academic achievement among students with different parenting style, socio-economic status and sleep quality. 4. Parenting style, socio-economic status, sleep and students' academic achievement had a significant correlation. 5. Sleep quality is the moderating factor between the influence of parenting style on students' academic achievement. 6. Parenting style, socio-economic status and sleep quality can explain 28 % variance of students' academic achievement.

Keywords : Sleep ; Parenting Style ; Academic Achievement

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