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**AN EDUCATIONAL INTERVENTION PROGRAM: IMPROVE
SELF-EFFICACY ON PREVENTIVE BEHAVIORS OF INTERNET
ADDICTION**

Abstract:

Internet addiction refers to the act addicted to the Internet, over time will become a habit, overuse of the Internet that causes mental, social and physical problems, that is one of the network and social problems common in Macau. Adolescence is a critical period of time and gradually develop independently their personal health behavior stereotypes, their health behaviors and beliefs will form the future lifestyle. Internet users have the opportunity to lead to Internet addiction especially young people and students, more popular social concern. According to the theory of Bandura, self-efficacy of different people that feel, think and act differently. Bandura refers to high self-efficacy of young people appear less deviant behavior. Therefore, establish an educational intervention program to effect of adolescent's self-efficacy of internet addiction. there enrolled 240 students, from grade 3 of middle schools to grade 3 of senior high school, of 5 schools located in Macau. This study assessed Self-Efficacy and internet addiction in these students using Ralf Schwarzer's General Self-Efficacy Scale, and Chen Internet Addiction Scale. Hopefully, the students are able to improve their self-awareness of internet addiction.

Keywords:

self-efficacy, internet addiction and adolescent