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### **Cyber wellness in 21st century: Positive Psychology and CBT intervention for youth**

Cyber Wellness is an important topic in 21st century. The rapid evolution of technology has led to tremendous growth in the number of Internet users. Along with it came the issue of problematic Internet practices which negatively impact the psychological and behavioral well-being of users. The research developed three types of preventive interventions, namely Psychological Intervention Program – Internet Use for Youth (PIP-IU-Y), Online Pornography Viewing for Youth (PIP-OP-Y), and Online Gaming for Youth (PIP-OG-Y). Specifically, it aims to reduce maladaptive psychological and behavioral symptoms in association with Problematic Internet Usage (PIU). The interventions aspire to remedy this global issue by integrating Cognitive Behavioral Therapy (CBT) and Positive Psychology approaches to promote healthier internet usage habits and behaviors. Each intervention describes a fundamental principle of types of internet issues and how it relates in practice to become an effective program in helping youths. The findings of these studies provide empirical support for the efficacy of the designed programs in forestalling symptoms of PIU among youths. These preventive programs, share hopes and light with many parents, educationists, mental health care practitioners, and decision-makers in building flourishing and resilient future leaders. The findings complement existing research and practical knowledge, paving the way forward toward fostering exemplary Cyber Wellness in global communities.

#### **Recent Publication**

1. Ke, G. N. (2022). Cyber Wellness: Internet addiction and prevention. A guide for practitioners. Eliva Press.

#### **Biography**

Ke Guek Nee is an Associate Professor in the Department of Psychology at Heriot-Watt University Malaysia. Her research focuses on Preventive Measures of Problematic Internet Usage, Cyber Wellness, Organizational Psychology, Coaching Psychology, and Leadership. With her passion for research, she has secured numerous research grants from National and International Funding Agencies. In addition, her research works have also been covered by news media and other media platforms. Recently, she published a book entitled 'Cyber Wellness: Internet Addiction and Prevention. A Guide for Practitioners' and developed the Positive Emotion-Resilience-Coping Efficacy (PERCE) Model for the COVID-19 Pandemic.

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