

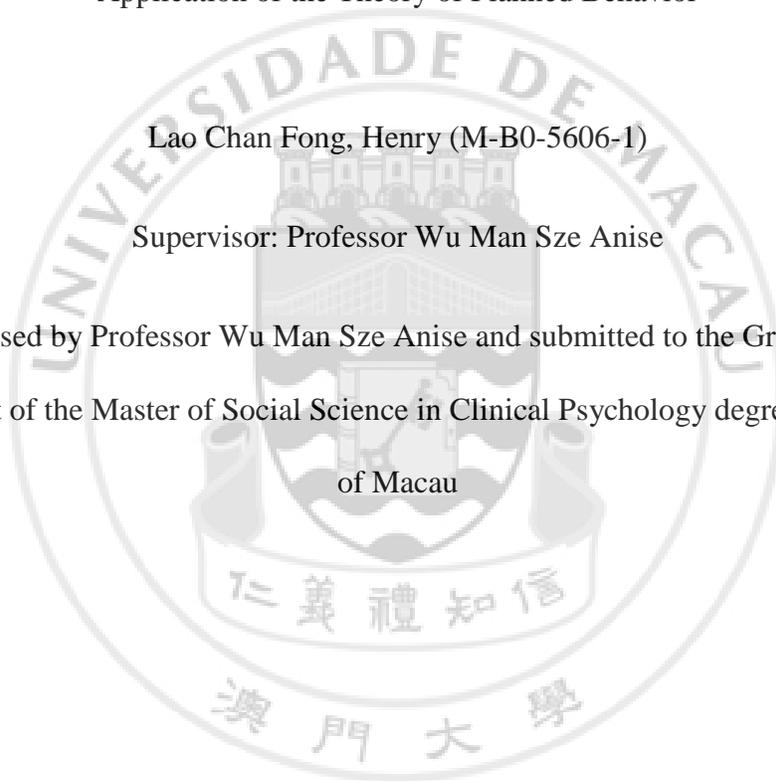
Healthy Sleep Pattern of Macao's College Students:

Application of the Theory of Planned Behavior

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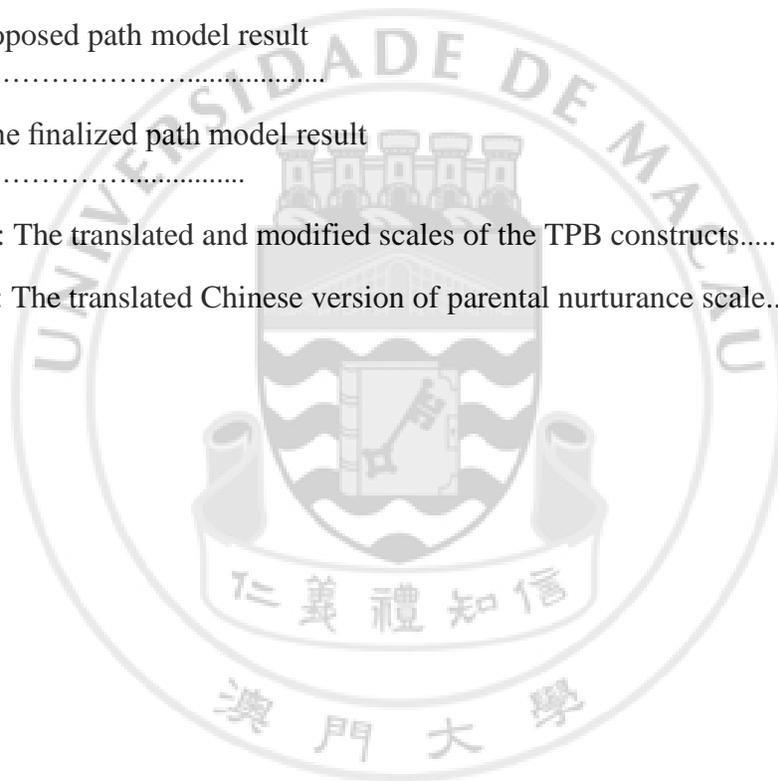
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Abstract

The present study aims at examining the psychological factors that contribute to healthy sleep intention and practice of college students in Macao, under the framework of the theory of planned behavior (TPB). 362 18 – 25-year-old college students without serious sleep or emotional disturbance expressed their thoughts and behaviors about healthy sleep practice by completing a questionnaire.

Using path analysis, we found the most proximal factors of healthy sleep practice to be intention and perceived behavioral control. It was also found that attitudes, subjective norms (i.e. descriptive and injunctive norms), and perceived behavioral control exerted direct effects on healthy sleep intention, whereas invulnerability and parental nurturance indirectly influenced intention through different mechanisms. The total explained variances of healthy sleep intention and practice reached 43% and 19% respectively. These findings generally support the applicability of the TPB on explaining sleep practice of Macao college students. More than that, suicidal ideation was shown to be negatively correlated with Macao students' healthy sleep practice in this study. The present findings provide insights on promoting healthy sleep practice among college students in Macao, which may potentially help to reduce psychiatric symptoms and suicidal risks in the society.