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LEAVING SCHOOL AND ITS OUTCOMES ON ADOLESCENTS' BEHAVIORAL GOALS AND CHANGE PROPER TO TIMES PHYSICALLY AND SOCIALLY INACTIVE

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A Çalışma Deseni (Study Design)

B Verilerin Toplanması (Data Collection)

C Veri Analizi (Statistical Analysis)

D Makalenin Hazırlanması (Manuscript Preparation)

E Maddi İmkanların Sağlanması (Funds Collection)

Abstract: Most influential studies of PA and health have shown schools as an ideal venue for the fulfillment of healthful behaviors allied levels of physical activities and physical mental health. Whereas this advantage is not consistent with the excluded students. Support by psychological studies via subjective happiness, self-esteem and life satisfaction allied to self-efficacy. Linked to physical activity motivation as adverse impact especially with the high unemployment rates in line with high school dropouts. For this purpose, 62 male adolescents aged about 18 years tested before and one after their leaving school for the academic 2015-2016 and 2016-2017. Their homogenous were calculated as their daily motivation lives controlled by ALPHA-Fitness test as a valid tool to assess the health-related to fitness. Our results support the influence of leaving school as a negative time trend via dropouts-students. Poorly associated with body image disorders and disturbances concomitant with behavioral change proper to times physically and socially inactive. Set out in case of this study via the decrease in energy expenditure, allied to the indolent lifestyle. Leaving school in the Algerian communities is stress-correlated with biological pathways that link bodily disorders and depression. Acts of societal time structure and procedures to manage the relevant tasks, goals, and objectives to prevent the inconvenience of this systemic problem. Indicated in similar through systemic approaches when individuals are clear about what it is they are expected to achieve. Admit through programs that provide psychological counseling via those dropout students.

Keywords: Lifestyle, Health, and fitness, Excluded students, Adolescents.

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1. INTRODUCTION

It's time for Algerian society to recognize that the dropout problem is a systemic problem that can be addressed effectively only by a systemic approach to prevention (Dominic J. Brewer, Patrick J. McEwan, 2010). However, developing intervention programs for excluded from school in the developed country, might not be sufficient to make up serious deficits in amounts of time and cannot be the preventive systemic approaches (Charles D. S, 2004) among this social class. Criticize the insufficient financial resources to significantly make an impact on the problem intervention strategies (Sara J de Silva, Pierella P, Josefina P, 2014). Reported in similar studies as programs that do not provide psychological counseling to dropout students' adequate to prepare its last for working effectively with others (Patrick J. H, 2016), set at high risk of many social problems or mental health or family issues (Hugh M B, Martin A P, 2016). The case of this controlled study, which based their presumptuous on the effect of school dropout problem and its relationship to students' lifestyle sports activities motivation, before and after their leaving school. Established in similar as serious costs influencing people's happiness, self-esteem and life satisfaction allied to them self-efficacy relative to the physical activity motivation as negative impact comportment lives and interactions with family and friends (Yvette M O, 2012). Trace back the individual's perception of their situation in life, within the context of culture and value systems in which they living and in relation to their objectives, expectations, values, and concerns, according to World Health Organization, legitimate by (Teresa F and Gabriela F, 2018). Additional to time spent more likely to be involved in antisocial behavior connected to the criminal justice system later in life, according to (Larry J. Siegel, 2016). Locate in the case of our young through values, beliefs and attitudes consequence of the contradictions between their daily realities and their adolescences dreams considerate in illegal immigration, which has become a major part of their spirit (I. William Z, 2015). Registered in Algerian social studies over the time spent in social networking, report as a negative side effect for their virtual life that becomes more important than the objectives of their families (Mahmoud M. E, 2017). Evidence which lets us think that changes in the environment of students after their leaving school can have a significant impact on their opportunities to participate in outdoor- sport, the conditions that can affect their health physical and mental outcomes (Sven E. Jørgensen, Liu Xu, Robert Costanza, 2010). Well-known in similar as an inactive lifestyle for children (Symeon D, Lisette B, 2016), which may lead to the emergence of internal problems such as anxiety, depression and symptoms of stress among adolescents and young (Lebedinskiy V.Y, Koipysheva E.A., Rybina L.D, Kudryavtsev M.D, ermakov S.S, Osipov A.Yu, et al, 2017). Their negative effects are claimed through mental health (Ken G, Andy S, 2016), as well as social capital (John H and Eric M. A, 2013). Comprising the stress-related biological pathway that links physical disorders and depression (Olivia I. O, 2015) relative to anxious behavior, poverty, parental mental illness, and domestic violence, which may make teenagers more likely to engage in antisocial behavior (Larry

J. Siegel, Brandon C. Welsh, 2014) result of depressive behavior associated with time inactivity spent correlate to higher body mass index (BMI) factor of obesity-related health diseases (Valerie M, Rosalind B K, 2012). Recognized in African studies as highlight poorly aspect contributed to a decrease in participation in energy-expending recreational and sporting endeavors (Samantha A K, Rosa D R, Danie J.L. V, 2017). Recommended by Algerian studies via the inculcation of good values, the advantage of the adolescents' free time by doing useful activities to reduce the psychological and social pressure (Houcine B, Mohamed Z, Djamel M, and Habib B, 2017). Account as absent procedures in the Algerian status communities (Zerf M, 2016) to enhance their quality lifestyle. Counseled by specialists in this topic built on fitness analysis to assess the level of suitability body composition, negatively concomitant with body fatness (Wenjiang Du, 2012). As for missing health fitness control practices in Algeria community (Mohammed Z, Idris MM, Bagdad H, Abelatif H, Ali B, 2016). Aimed in this study via the excluded students pursue to the adult lifestyle, in we think that they are not yet prepared, special with the economic crisis challenges imposed to Algerian society regarding high rates of males unemployment proportional to high school dropouts (Fatima S, Moha E, 2011). As negative factor influencing self-efficacy correlate to the time of physical activity (Siobhan M. W, Thomas R. W, and E M, 2012) the case of this study.

2. METHODS

2.1. Problem Statement: Our study bases its investigation on the effect of school dropout problem and its relationship with behavioral goals and changes prior to time physically and socially inactive among this social class. Considered by several to be one of the critical challenges that today's schools face. Cautioned by the recent studies of the Center for Educational Statistics, at high risk among high school dropout rate set at 25%, qualified to increases rapidly to 50-75% in the few further years (Cynthia F, Mary B H, Paula A-M, 2012). Raised by our scientists as complex situation, especially with the economic crisis as challenges imposed for Algerian society, regarding the high unemployment rates compared to high school dropouts associated with the lack of devices made by our government in this concept. Denied by Georges Azzi (2018) thought mental health and life satisfaction as negative factors influencing the self-satisfaction relative to them self-realty and efficacy towards a depressed lifestyle regarding illegal immigration as an attempt to realize their dream in the direction of Europe under unbearable conditions (Georges A, 2018). The opposite of the Mexican government that has implemented a program to create part-time jobs for young people to boost them to continue their education (Cynthia T, Kristen S, 2004). Indicate by Earl Smith as a beneficial way to structure teenagers' time towards programs, sports, or other pro-social activities (Earl S, 2010) sited as valuable pro-social opportunities behavior, with positive pro-social outcomes through sport for any populations or communities, according to (Richard G, 2015).

2.2. Study population and design: The research samples were elected by intentional manner included 62 students aged around 18 years, sex male. They were tested before and one year after they left school seats for the academic year 2015-2016 and 2016-2017, 3 months after the school entry. All participants were healthy with good habits without medication on a regular basis, familiarize with the procedures. Provided their written accord. The study protocol was adopted by the Institute of PE Mostaganem. Piloted based on their daily activity before and after they are excluded accompany by ALPHA-Fitness Test Battery (Teenagers) (Ruiz JR, Castro-Piñero J, España-Romero V, Artero EG, Ortega FB, Cuenca MM, Jimenez-Pavón D, Chillón P, Girela-Rejón MJ, Mora J, Gutiérrez A, Suni J, Sjöström M, Castillo MJ, 2011). As standards adopted by the European Union to evaluate the health-related fitness status in youngsters and teenagers. Acquainted by similar (Dragan C, Tamara P, Sergej O, 2013), as the ideal battery tests to evaluate health related to fitness among the Public class (Jonatan R, España-Romero V, José Castro-Piñero, Manuel J C, 2017). To archive our goals, all participants provide their certificate of puberty signed by a doctor. Body weight was measured in the standing upright position with electronic scales with a precision of 100 g. Body height was determined by standing height to the nearest 0.5cm. Body mass index (BMI) was calculated as the ratio of body weight to the square of height (kg/m2) (Zerf, M., Atouti, N., Ben Farouk, A, 2017). Flexed Arm Hang test was calculated from the total time recorded as stay level with the bar. While for calculi the levels of this test, we use 1 point for 40sec. Standing broad jump we record the longest distance jumped, the best of three attempts. 20 m shuttles run test: the participant's score is the level and number of shuttles (20m) reached. Record as the last level completed. 4x10m shuttle runs, we record the time to complete the test in seconds to the nearest one decimal place. As well as collecting the activities of their daily lives at the base of their confirmations. See figure 1.

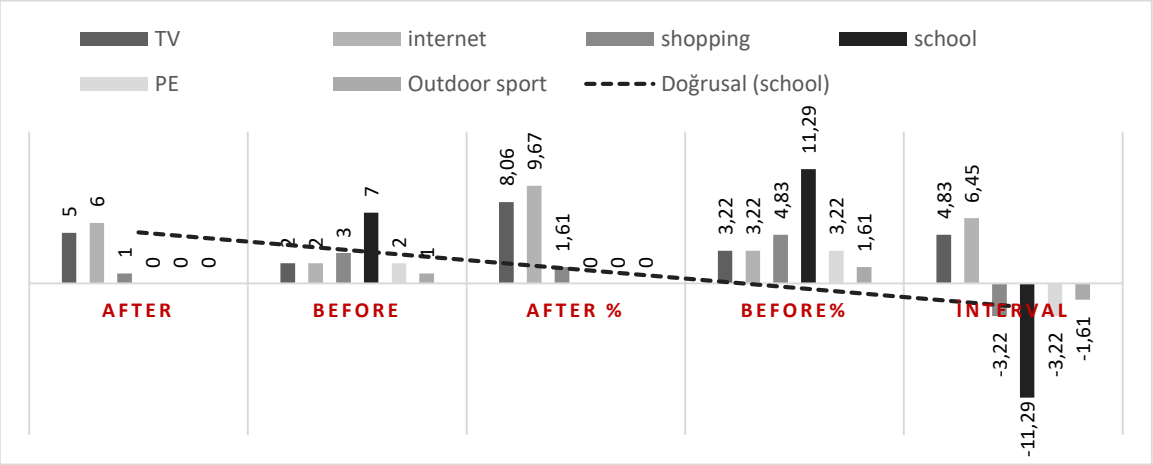

Fig-1. *Shows the impacts of leaving school on adolescents' behavioral goals and change properly with times physically and socially inactive*

2.3. Statistical analysis

Data entry and analysis was done using SPSS 21 (SPSS for Windows, SPSS Inc., Chicago, IL, USA). In addition to the computation of the means, standard deviations, the dependent t-test and correlation paired samples were done. The significance level was set at $P \leq 0.05$.

3. RESULTS

Depending on data entry, the aims of the study and statistical processes applied within search limitation. Regarding the effect of the school dropout problem and its relationship with behavioral goals and change cognition to time physically and socially inactive relative to health related to fitness in this social class. Our results in one hand, improve the benefits of school settings relative PE activities before leaving school in comparison with the results from the same sample after their leaving school, set **Fig 1**. Where in other, we disavowed the precaution taken to help these teenagers to improve their mental health and life satisfaction related to time spent more likely to be involved in antisocial behavior with both biological and environmental roots that can reason massive havoc in a person's life. Admit in the case of our community via the online social networking as a privileged means to spend their free time. Report as a negative side effect locate thought virtual life, which becomes more important than the objectives of families (Mahmoud M. E, 2017). Record in the present study as side effect antisocial behavior (Larry J. Siegel, Brandon C. Welsh, 2014) result of anxiety and depressive behavior associated with a higher body mass index (BMI) as a risk of obesity-related health diseases (Valerie M, Rosalind B K, 2012). Disclosure by (Nina v d B, Jorien T, Junilla L, Maaike V, Karin V, and Jacqueline V, 2017) as negative factors correlate with subjective well-being and positively correlated with depressive symptoms. Confirmed in present based on the validity of the tests used in this study derived from alpha health-related fitness test recommended by the European Union as a reliable tool in the school environment as well as the general population (Robinson R-V , Diogo R-B, Jorge E C-B, Mikel I, and Felipe L, 2015). Certified by the significance of the dependent t-test **Table 1** and correlation list in **Table2.** In the benefit of less body fat necessitates the increases of physical performance top score before leaving school. Advocate by BMI as an energy indicator allowing the comparison of athletic performance in numerous health & fitness tests (Suxing S, Jing Li, Qi Guo, Wen Z, Xiuyang W, et al, 2015). Where the most appropriate profiles are related to less BMI as favorable conditions to realize optimal performance (Mohammed Z, Idris MM, Bagdad H, Abelatif H, Ali B, 2016). Support by African studies as messing sports police control of energy expending allied to recreational and sporting endeavors (Samantha A K, Rosa D R, Danie J.L. V, 2017). Noted in this study as consequents health outcomes allied to mental distress relative to lifestyle as well as the strategies to promote weight loss or weight maintenance for overall health and behavioral modifications (Kelishadi R, Gheiratmand R, Ardalan G, Adeli K, Mehdi Gouya M; CASPIAN Study Group, 2007),

disorders or depression. Recommended by the WHO (2016b) in measurements of BMI and central adiposity together in order to determine an individual's relative risk of obesity-related ill health (Tim B, Hilary M, 2017). The case of this study that confesses the benefits of outdoor sports activities in the increase of health-related fitness among the excluded. Showing in previous among the benefits of PA via its influence on the levels of physical activity as well as their positive impact on health quality of life in adolescence or adulthood (Mahdi T , Masoud A , Amin A, Sadegh A , Ali A, 2014).

Table-1. *Present the characteristics and differences observed in the sampling*

		N	Mean	S. D	T	P≤ 0.05
Body mass index	Before	62	21.26	0.76	-9.84	0.00
BMI	After		25.19	3.36		
Flexed Arm Hang	Before		5.85	3.49	13.52	0.00
FAH	After		3.88	4.45		
Standing broad jump	Before		2.44	1.28	17.91	0.00
SBJ	After		1.84	1.37		
20 m shuttle run	Before		7.44	0.73	7.86	0.00
SR20m	After		5.77	0.46		
4x10m shuttle run	Before		9.33	0.44	-6.82	0.00
SR4x10m	After		10.66	0.45		
Times Physically	Before		2.42	1.54	-13.73	0.00
Relative daily time physical activities	After		0.76	0.46		
Socially active	Before		7.43	2.51	-11.55	0.00
Relative daily time social activities	After		2.44	1.52		

Advanced by sports scientists in the control of body fat as one of the major factors increased levels of body dissatisfaction and disordered. Showed in similar through lower-body power (Ortega FB, Ruiz JR, Castillo MJ, Sjostrom M, 2008), which is inversely correlated with strength score, handgrip, standing broad jump, and an indicator of muscle endurance in adolescents. The case of this study record via the relation BMI and fitness test used, set in **Table 2**. Confirmed by similar in the effect of body fat associated with the health of children and adolescents (Jonatan R, España-Romero V, José Castro-Piñero, Manuel J C, 2017) as a critical period in lifespan, characterized by concomitant changes, at biological, psychological, social and cognitive levels. The report in this actual study as strongly negative with the test battery used. In the advantage of less body fat record thought students studying in comparison with their lifestyle after their leaving school. Support by the Canadian Society for Exercise Physiology among 24-Hour Movement sports program as Guidelines for Children and Youth. Admit in case of this study as

missing health measures practice (Zerf M, Mokkedes M I, Hamek B, Houar A and Bengoua Ali, 2016) record via Algerian community as much as after leaving school.

Table-2. *Present Pearson Correlation between BMI and ALPHA health-related fitness test battery*

Paired Samples Statistics	BMI	FAH	SBJ	SR20m	SR4x10m
Body mass index BMI	1	-0.87**	-0.95**	-0.88**	0.66**
Times Physically	-0.89**	-.086**	-0.72**	-0.87**	0.86**
Socially active	-0.98**	-0.92**	-0.98**	-0.94**	0.88**
**. Correlation is significant at *P≤ 0.01* level (2-tailed).					
N	62				

4. DISCUSSION

Built on aims of this study regarding the impact of existing school and its outcomes on health-related fitness. Sustained by sociological studies among time spent related to behavioral goals and behavior change cognition to time physically and socially inactive, shows in medical studies as a stress-related biological pathway that links physical disorders and depression (Olivia I. O, 2015). Confirmed in the case of this study by increased levels of body dissatisfaction and disordered among our sample (Jon E G, Marc N P, 2010). Subjecting in one hand that school dropout is factor contributes to low fitness & health relative to mental health and life satisfaction (Tejero-Gonzalez CM, Martinez-Gomez D, Bayon-Serna J, Izquierdo-Gomez R, Castro-Piñero J, Veiga OL, 2013). Where in other the time spent in school enhanced the benefits of PE curricular as a healthy lifestyle for our scholars. Established in this study based on the impact of body fat on student performance record after one year of their exclusion from their schools. Reported by similar as a strong inverse correlation between BMI and the tests under study, established in similar as a valid test to evaluate health related to fitness in school environments (Manuel J C G, 2014). Advanced in their possibility to estimate the impact of adiposity amounts on body health fitness via adolescents. Agreed in preventives thought adolescents with fatness have lower levels of fitness than their peer (Rocío I-G, David M-G, Carlos M T-G, Verónica C-S, Jonathan R R, Óscar L. V, 2013). Declare in wellbeing studies through Biological factors leading to anti-social behavior and abnormal emotional development as health risk behaviors and aggressive behavior (Abella JL, 2016). Account by educational studies through the positive relationship between dropping out of school and delinquency at higher risk for behavioral problems, suggested as problems correlate to physical changes and body hormones growth among pubertal stage (Janis H. C, Stevan E. H, Mary A. S, 2013). Record in the present study midst upper body mass index (BMI) affecting muscle strength, endurance, and cardiorespiratory functions among those teenagers. Knowledge advance, by preventing studies this category to invest her spare time in more sports activities related to more physical and health (Richard M. Lerner,

Marc H. Bornstein, Tama Leventhal, 2015) daily activities. Agreement by similar in participation in outdoor sports activities (Nikki W, 2009). Vindicated in the present study as benefits healthy fitness practice permitting to teenage who left school to maintaining an overall athletic body composition. A desire to maintain healthy weight correlates to upper physical performance. Advance in similar via the overweight as a serious health concern in the development of the adolescent's musculoskeletal system relative to muscle strength and body composition (Miyatake N, Miyachi M, Tabata I, Sakano N, Hirao T, Numata T, 2012). Indicate in psychological studies as the makeup of the particular person concerning its behavioral goals and change cognitions to its times physically and socially inactive. Sited in present as consequences body gain relative to health and fitness. Report by similar as a model of an inactive lifestyle and their costs (Mahdi T , Masoud A , Amin A, Sadegh A , Ali A, 2014). The case of our leavers recommended considering a sport and physical activity as a part of their daily lifestyle. Evidence agreed by sports scientists in a higher level of physical activity and less time spent to increase health-related quality of life among leavers. Implores in the literature as part-time work programs for these adolescents or daily routine physical activities that promote better physical and mental health and psychosocial well-being than inactive ones who make people depressed. Reminded by LeBlanc AG, et al. (2015) for Governmental, non-governmental, and stakeholder organizations to should cooperate in creating sustained, long-term, and well-resourced communication plans to reach the population to raise awareness of the PA and SB guidelines as device programs to aid their uptake (LeBlanc AG, Berry T, Deshpande S, Duggan M, Faulkner G, Latimer-Cheung AE, et al, 2015). The case of this study, which recommended this practice thought level schools. Supported by Scott K, et al (2014) in the classic model of intervention for behavior change based on behavioral conditioning, satisfaction, and motivation that emphasizes causal relationships between antecedents, consequences, and behaviors. Expected as regret decision-making measure approach to public policy that helps individuals prone to make irrational decisions achieve their goals (Scott K, Andrea C. G, Peter J. F, 2014). Point toward the assuming of health relates to the physical, mental, social and emotional of the individual. Set by (Ö.F. İneçli and M. Ziyagil, 2017) as a useful method to identify strategies for judging the level of knowledge, skills and lifestyle behaviors imposed as a natural necessity for our future citizen. Claims in this study thought changes in lifestyle behaviors, primarily in the lack of regular physical activity. Indicated by (Kara, F.M. ve Özdedoğlu, B, 2017) via Leisure activities as a voluntary particle to spend free time, its quality is revoked by researchers in its nature, active or inactive as key to solicit the needs of the human body.

5. CONCLUSIONS

Our findings enhance the benefits of time spent in school, improved by PE lessons as a healthy lifestyle benefit balance, exploited to optimize teens' free time. Support in the present by the strong inverse correlation between BMI and the fitness tests employed in

the study, more negatively correlated with the inactive lifestyle chosen by our teens exclude from their schools. Sustained in developed states as a precautionary reference exploited by their health authorities and schools in the welfare of sporting practices in all class society as an ideal setting for preventing their behaviors, lifestyle, and fitness for the wellbeing of their citizens. An advantage confirms on behalf of active lifestyles in comparison with inactive lifestyles. Showed in ecological prevention and medical studies as a pressure-allied to the biological pathway, physical disorders, and depression. The case of this study, which asks in one hand, all Algerians adolescents to adopt an active lifestyle based on outdoor sports activities to spend their free time in benefits daily activities. Commended in similar to their well-being, physical growth and development, fits and healthy, as well as their protection from disorders like obesity, laziness, and stress related to life and their complication. Where in other, we asked our government to take care of this social class, for fear of the dangers of this age. Account by similar to thoughtful consequences impelling people's behaviors, lifestyle, and relations with family and networks. Due to the mental behaviors relative to their social status and daily activities more probable to be involved in inactivity or depressive ideas, which leads to social stigma, loss of self-esteem and loss of social contacts and an indirect effect through lower income with negative consequences on mental health of young adults that can lead them to the criminal justice system in closer or farther life. While for implications and future studies, we subjected to our government to implement part-time jobs as programs for this category to hopeful them to survive their social education vacuum. As a beneficial approach to structure their time towards pro-social activities or sports programs. Set up as valuable pro-social opportunities behavior, with positive pro-social outcomes for any populations or community. Record in this study via decrease of physical body functioning connected to the increase of body fat composition relative to depression and anxiety origin of quality life mental health and satisfaction. Such as similar to mental disorders, mental illnesses, mental health, and psychological well-being relates to higher unemployment and requires time structure daily living physical activities. Whereas future researchers are needed in order to identify potential causal. As much as this phenomenon develops each year in the school world, at deferments levels of our society. In the midst of solutions and the worsening of the Algerian economic crisis, proofs reported in the Algerian environmental, social and medical studies.

6. ACKNOWLEDGEMENTS

Because of this paper was written with ENDNOTE, the references may show difference from the author guidelines.

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