

## Research Article

# Leaving School and Its Outcomes on Health-related Fitness Among Drop-out Algerian High School Students

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### Abstract

**Purpose.** Schools are ideal venues for the implementation of healthy behaviors allied to the levels of physical activities as the physical and mental health correlate to psychosocial well-being of scholars. Whereas, this advantage is not reliable with dropout students. Support through psychological studies via time structure unconnected to self-efficacy relative to self-physical activity motivation among this social class, especially with the economic crisis as challenges imposed for Algerian society, concerning the high unemployment rates in line with high school dropouts.

**Method.** This controlled study tested 104 high-school Male adolescent students aged around 17 years for academic years 2015–2016 and those under 18 years for academic years 2016–2017. Built on the ALPHA-Fitness test battery accompanied by questionnaire relevant to their physical and social time for both years. **Results.** Based on the design, the tests practised and the statistical processes applied within the search limitation, the results support, on one hand, the benefits of school venue as an ideal implementation of health and levels of physical activities and well-being among our scholars, and on the other, we confirmed the leaving school as a negative time trend via dropout students, poorly correlate with times physically and socially inactive. This study inspected that inactive lifestyle relate to body image disorders and disturbances concomitant to energy-expending relative to missing recreational time and sporting endeavours. **Conclusions.** Leaving school in the Algerian communities is a stress-related biological pathway that links physical disorders and depression virtual to social time structure proceeded to manage the relevant tasks, goals and objectives. Indicated in similar as best when individuals are clear about what it is they are expected to achieve.

**Keywords:** lifestyle, health and the fitness, excluded students, adolescents

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## 1. Introduction

It is time for Algerian society to recognize the dropout problem as a systemic problem that can be addressed effectively only by a systemic approach to prevent [1] the dropout students, who are the future citizen of Algeria. However, the professional experience of developed countries, such as after-school tutoring, cannot take the place of preventive systemic approaches [2]. Criticize thought time and the insufficient financial resources to significantly make an impact on the problem intervention[3]. Reported in similar studies as programs, which do not provide psychological counselling to dropout students, sited in similar studies at high risk of many social problems issues [4]. The case of this controlled study is based on the effects of school dropout problem and its relation to students' lifestyle, sports activities' motivation, before and after leaving their school. Established in similar to serious costs influencing people's comportment, the standard live and interactions with family and friends [5]. Owing to that, life satisfaction related to time spent more likely to be involved in antisocial behaviour [6]. Locate in the case of our young as the conflict between the desire to be grown-up and the stress underlies daily lifestyle [7]. Admit in their time spent dedicated to social networking. Reported as a negative side-effect thought, their virtual life becomes more important than the objectives of their families [8]. Proof, 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 pro-social activities, conditions that can affect the physical outcomes of their health [9]. Well-known in similar as an inactive lifestyle for teenagers [10], adolescents and young [11]. Its negative effects are claimed to mental health [12], as well as social capital [13]. Comprising the stress-related biological pathway that links physical disorders and depression [14] relative to anxious behavior, due to poverty, parental mental illness, and domestic violence, which may make teenagers more likely to engage in antisocial behavior [15] as a result of depressive behavior associated with time of inactivity spent correlate to higher body mass index (BMI) factor of obesity-related health diseases[16]. Identified in African studies as a highlight poorly aspect contribute to a decrease in participation in energy-expending recreational and sporting endeavours[17]. Recommended by the Algerian studies via the inculcation of good values, as an advantage of the adolescents' free time by doing useful activities to reduce the psychological and social pressures. Reported as absent procedures integrate into the Algerian status communities [18] to enhance their quality lifestyle. Counselling by specialists in this topic built on fitness analysis to assess the level of suitability body composition, negatively concomitant

with body fatness [19], socioeconomic status and lifestyle [20]. Aimed in this study via the excluded students oriented to the adult lifestyle, that we think that they are not yet prepared, because of economic crisis challenges imposed to Algerian society are related to high rates of male unemployment proportional to high-school dropouts [21]. As negative factors influencing self-efficacy correlate to the time of physical activity [22].

## 2. Methods

Our study bases its investigation on the effect of school dropout problem and its relationship with behavioral life-goals changes, inspected via this social class through their physical and social times. Considered in similar to be one of the critical challenges that today's schools are facing. Cautioned by the Center for Educational Statistics, at high risk among high-school dropout rate, set at 25 percent, qualified to increase rapidly to 50–75 percent in the few further years [23]. Admitted by our scientists as a complex situation, especially with the economic crisis as a challenge imposed on the Algerian society regarding the high unemployment rates among the high-school dropouts associated with the lack of devices made by our government regarding this concept [24]. Contrary to this, the Mexican government has implemented a program to create part-time jobs for young people to encourage them to continue their education [25]. Indicated by Earl Smith as a beneficial way to structure teenagers' time toward sports programs, or other pro-social activities[26], fixed as valuable opportunities behavior, with positive outcomes for any population or community, according to Richard Giulianotti [27].

## 3. Study Population and Design

The research samples were elected by intentional manner including 104 high-school students from the Mostaganem Academy, aged around 17 years for the academic years 2015–2016 and those under 18 years for the academic years 2016–2017, male, healthy with good habits, without medication on a regular basis, and familiar with the procedure taken in this study. It was based on a questionnaire relevant to the physical and social time of the students, accompanied by the ALPHA-Fitness Test Battery (Teenagers) [28] for both years. Divided into two groups, 62 of them continued their study (SCHS), since the others were excluded (SEHS). All provided their written agreements to participate in the present study.

### 3.1. For the questionnaire

A: Daily physical time:

Select the number that best describes your overall level of physical activity for the previous months:

- 1 Avoids physical activities  
points
- 2 Only 120 minutes PE lesson  
points
- 3 PE lesson + 1-3 hours regular physical  
points exercise per week

#### 3.1.1. B: Daily social activities' time:

Select the number that best describes your overall level of social activity for the previous months:

- 1 I share my free time between social net-  
points works and video games
- 2 I share my free time between shopping and  
points social networks
- 3 I devote my free time to my sports leisure  
points and social networks

### 3.2. For health-related physical fitness

The authors based their research on the ALPHA-Fitness Test Battery adopted by the European Union to evaluate the health-related fitness status in youngsters and teenagers. Acquainted by similar [29], as the ideal battery tests confirmed by some author in its evidence to access the impact of body fat allied with the health related to fitness according to the following tests [30]:

For the puberty test, all the participants provided their certificates signed by their doctors. Body weight was measured in the standing upright position with electronic scales with a precision of 100 gm. Body height was determined by standing height to the nearest 0.5 cm. Body mass index (BMI) was calculated as the ratio of body weight to the square of height (kg/m<sup>2</sup>) [31]. Flexed Arm Hang test was calculated from the total time recorded as stay level with the bar. While to calculate the levels of this test,

we use 1 point for 40 sec. Standing broad jump, we record the longest distance jumped, the best of three attempts. The participant's score for the 20-m shuttles run is the level and number of shuttles (20 m) reached. In the 4 x 10 m 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.

## 4. Statistical Analysis

Data entry and analysis was done using SPSS 21 (SPSS for Windows, SPSS Inc., and Chicago, IL, USA). Built on the computation of the means, standard deviations, the dependent *t*-test and correlation paired samples, as a statistical treatment serving the purpose of the study, the significance level was set at  $P \leq 0.05$ .

## 5. Results

Depending on the data entered, the aims of the study and the statistical processes applied within the search limitation regarding the effect of school dropout problem and its relationship with behavioral goals changes connected to inactive physical and social times, our results improve the benefits of school settings relative to PE activities for both groups (SCHS) and (ECHS), see **Tables 1 and 3**. Estimated as a vital impact among before leaving high school in comparison to the results of the same sample after leaving the school. Confirmed by the control group of the students who continued their studies. Admitting in the case of our community via the online social networking as a privileged means to spend their free time was reported as a negative side effect as the virtual life becomes more important than the objectives of families [8]. Antisocial behavior was recorded in the present study as a side effect [15], as a result of the inactive lifestyle among the dropout students associated with their higher body mass index (BMI) as risks of obesity-related health diseases [16]. Disclosed by Nina v d B et al. [32] as negatively correlated with subjective well-being and positively correlated with depressive symptoms. Confirmed in present study based on the validity of 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 [33]. Certified by the significance of the dependent *t*-test, **Table 1** and correlation list in **Table 2** among the dropout students. Confirmed by the control group the case of students who continued their studies **Table 3** and correlation list in **Table 4**. In the benefit of school's venue as an ideal setting for the implementation of healthy

behaviours allied to levels of physical activities and physical mental health correlate to psychosocial well-being of scholars associated with less body fat relative to increase of physical performance. Advocated by BMI as an energy indicator allowing the comparison of athletic performance in numerous health and fitness tests [34]. Where the most appropriate profiles are related to less BMI as favourable conditions to realize optimal performance [20]. Support by African studies as messing sports police control of energy-expending allied to recreational and sporting endeavors [17]. Noted in this study as consequent health outcomes allied to lifestyle and strategies to promote weight loss or weight maintenance for overall health and behavioral modifications [35], 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 [36]. The case of this study that confesses the benefits of school time structure activities in the increases of health-related fitness. 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 [37].

Advance 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 trough lower-body power [38], 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 time spent on social or physical activities strongly correlate with the levels of fitness record among both the groups in **Tables 2 and 4**. Confirmed by similar in the effect of body fat associated with the health and performance of adolescents [30]. Support by the present as missing health measures practice [39] via Algerian community, after leaving their school.

Built on aims of this study regarding the impact of exit school and its outcomes on health-related fitness. Sustained by sociological studies among time spent related to behavioral goals and behavior change concomitate to inactive physical and social times shows in medical studies as a stress-related biological pathway that links physical disorders and depression [14]. Confirmed in the case of this study by increased levels of body dissatisfaction and disordered among our dropout sample [40]. Subjecting in one hand that school dropout is a factor contributing to low fitness and health relative to mental health and life satisfaction [41]. 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 exclusions from the schools. Reported by similar as a strong inverse

		N	Mean	S. D	T	$P \leq 0.05$
<b>Age</b>	<b>Before</b>	<b>62</b>	<b>17.55</b>	<b>0.45</b>	<b>0.56</b>	<b>0.18</b>
	<b>After</b>		17.75	0.35		
Body mass index (BMI)	Before		21.26	0.76	-9.84	0.00
	After		25.19	3.36		
Flexed Arm Hang (FAH)	Before		5.85	3.49	13.52	0.00
	After		3.88	4.45		
Standing broad jump (SBJ)	Before		2.44	1.28	17.91	0.00
	After		1.84	1.37		
20-m shuttle run (SR20m)	Before		7.44	0.73	7.86	0.00
	After		5.77	0.46		
4 x10 m shuttle run (SR4x10m)	Before		9.33	0.44	-6.82	0.00
	After		10.66	0.45		
Physical times Relative daily physical activities time	Before		2.42	1.54	-13.73	0.00
	After		0.76	0.46		
Socially active time Relative daily social activities time	Before		7.43	2.51	-11.55	0.00
	After		2.44	1.52		

TABLE 1: Present the characteristics and differences observed in the dropout sample (pre-test and post-test).

Paired Statistics	Samples	BMI	FAH	SBJ	SR20m	SR4x10m
Physical Times		-0.89**	-0.86**	-0.72**	-0.87**	0.86**
Socially active		-0.98**	-0.92**	-0.98**	-0.94**	0.88**
** . Correlation is significant at $P \leq 0.01$ level (2-tailed).						
N		62				

TABLE 2: Present Pearson Correlation between time spent and ALPHA health-related fitness test battery among dropout group.

correlation between BMI and the tests under study, established in a similar study as a valid test to evaluate health related to fitness in school environments [42]. 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 [43]. Declared in well-being studies through biological factors leading to antisocial behavior and abnormal emotional development as health-risk and aggressive behaviors [44]. Accounted 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 hormone growth among pubertal stage [45]. Record in the present study midst upper body

		N	Mean	S. D	T	$P \leq 0.05$
Age	Before	62	17.68	0.32	0.45	0.12
	After		17.88	0.22		
Body mass index (BMI)	Before		22.26	0.76	-3.84	0.00
	After		21.19	0.36		
Flexed Arm Hang (FAH)	Before		5.57	3.49	-3.52	0.00
	After		6.88	4.45		
Standing broad jump (SBJ)	Before		2.49	1.28	-2.96	0.00
	After		2.91	1.37		
20-m shuttle run (SR20m)	Before		7.59	0.73	-2.86	0.00
	After		5.77	0.46		
4 x10 m shuttle run (SR4x10m)	Before		9.44	0.42	-3.82	0.00
	After		8.66	0.46		
Physical time Relative daily physical activities time	Before		2.42	1.54	-0.73	0.12
	After		2.76	0.46		
Socially active Relative daily social activities time	Before		7.43	2.44	-0.55	0.22
	After		7.54	2.52		

TABLE 3: Present the characteristics and differences observed in the scholar’s sample (pre-test and post-test).

Paired Samples Statistics	BMI	FAH	SBJ	SR20m	SR4x10m
Physical Time	0.85**	0.84**	0.76**	0.88**	-0.85**
Socially active	0.96**	0.94**	0.95**	0.96**	-0.89**
**. Correlation is significant at $P \leq 0.01$ level (2-tailed).					
N	62				

TABLE 4: Present Pearson Correlation between time spent and ALPHA health-related fitness test battery among scholars.

mass index (BMI) affecting muscle strength, endurance and cardiorespiratory functions among those teenagers. Acknowledge advance by preventing studies for this category to invest her spare time in more sports activities related to more daily physical and health activities [46]. Agreement by similar to participation in outdoor sports activities [47]. Vindicated in the present study as benefits, healthy fitness practice permitting to teenage who left school to maintain an overall athletic body composition. As the desire to maintain healthy weight correlates to upper physical performance. Advance by similar via the overweight as a serious health concern in the development of the



adolescence's musculoskeletal system relative to muscle strength and body composition [48]. Indicated in psychological studies as the makeup of a particular person with regard to his/her behavioral goals and change cognitions to his/her inactive physical and social times. Sited in the present study as a consequence to body gain relative to health and fitness. Reported in a similar study as a model of an inactive lifestyle and their costs [37]. 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. [49] that the governmental, nongovernmental and the stakeholder organizations should collaborate in creating sustained, long-term, and well-resourced communication plans to reach the general population in order to raise awareness of the PA and SB guidelines as implementation programs to facilitate their uptake [49]. The case of this study, which recommended this practice thought lever schools. Supported by Scott K, et al [50] in the classic model of intervention for behaviour change based on behavioural conditioning, satisfaction, and motivation that emphasizes causal relationships between antecedents, consequences, and behaviours. Expected as regret decision-making measure approach to public policy that helps individuals prone to making irrational decisions achieve their goals [50].

## 6. 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 study by the strong inverse correlation between the structure of the physical or social time with the fitness tests employed in this study, more negatively correlated with the inactive lifestyle chosen by our teens exclude affirmed by the results of the control group, which continued their studies. Sustained in ecological, prevention and medical studies as a stress-related biological pathway that links physical disorders and depression. The case of this study, which asks our teachers to integrate the outdoor education that can have an impact on health and well-being, the case of outdoor sport as a benefits habitual physical activity for the well-being that can make a significant contribution to good health and reduce the amount of time spent watching television or connecting to the Internet. As well as psychological health.

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