PHYSICAL ACTIVITY AND SPORT AND THEIR IMPACT ON MENTAL HEALTH OF ALGERIAN ADOLESCENTS

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Abstract

Objective
The present study examines the effects of physical activity on adolescent's mental health, in a representative sample of males and females.
Method
A total number of 256 adolescents with mean age 16.4 years participated in the study. Mental health was measured with the Mental health inventory (MHI-38) . A questionnaire was used to estimate the level of physical activity. The study aimed to demonstrate the relationship between PA and mental health, also the type and various levels of physical education and sport in males and females and the various dimensions of mental health.
Results
Physical activity was positively associated with mental health for males and female despite the fact that girls scored lower in physical activity. Results indicated that the relationship was positive with the wellbeing and negative with distress.
Conclusion
The findings suggest that physical activity is associated with adolescents' mental health, and that beyond primary prevention for distress.

Keywords: physical activity, mental health, adolescence, Algeria.

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