

How does homework affect students?

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Homework is essential in the learning process of all students. It benefits them in managing time, being organized, and thinking beyond the classroom work. When students develop good habits towards homework, they enjoy good grades. The amount of homework given to students has risen by 51 percent. In most cases, this pushes them to [order for custom essays](#) online. A lot of homework can be overwhelming, affecting students in negative ways.

How homework affects the psyche of students

Homework plays a crucial role in ensuring students succeeds both inside and outside the classroom. The numerous hours they spend in class, on school work, and away from family and friends lead to them experiencing exhaustion. Too much homework leads to students becoming disheartened by the school, and it chips away at their motivation for succeeding.

As a result, homework becomes an uphill battle, which they feel they will never win despite putting an effort. When they continue to find homework difficult, they consider other ways of working on it, such as cheating.

Getting enough time to relax, engage with friends and family members helps the students to have fun, thus, raising their spirit and their psyche on school work. However, when homework exceeds, it affects their emotional well-being making them sad and unproductive students who would rather cheat their way through school.



How homework affects human health

Studies documented in the Journal of Experimental Education conclude that homework that exceeds two hours is counterproductive to the health of students. So, how does homework affect student's health? A lot of assignment leads to mental and physical health problems for students. Over seventy percent of students say that school work makes them experience stress often with

too much homework being the number one stressor.

As a result, they have to struggle with a lack of enough sleep, loss of weight, stomach problems, headaches, and fatigue. Poor eating habits where students rely on fast foods also occasions as they struggle to complete all their assignments. When combined with lack of physical activity, the students suffer from obesity and other health-related conditions. Also, they experience depression and anxiety. The pressure to attend all classes, finish the much homework, as well as have time to make social connections cripples them.

How can parents help with homework?

Being an active parent in the life of your child goes a long way towards promoting the health and well-being of children. Participating in their process of doing homework helps you identify if your child is facing challenges, and provide the much-needed support.

The first step is identifying the problem your child has by establishing whether their homework is too much. In elementary school, students should not spend over twenty minutes on homework while in high school they should spend an average of two hours. If it exceeds these guidelines, then you know that the homework is too much and you need to talk with the teachers.

The other step is ensuring your child focuses on their work by eliminating distractions. Texting with friends, watching videos, and playing video games can distract your child. Next, help them create a homework routine by having a designated area for studying and organizing their time for each activity.

Why it is better to do homework with friends

Extracurricular activities such as sports and volunteer work that students engage in are vital. The events allow them to refresh their minds, catch up, and share with friends, and sharpen their communication skills. Homework is better done with friends as it helps them get these benefits. Through working together, interacting, and sharing with friends, their stress reduces.

Working on assignments with friends relaxes the students. It ensures they have the help they need when tackling the work, making even too much homework bearable. Also, it develops their communication skills. Deterioration of communication skills is a prominent reason as to why homework is bad. Too much of it keeps one away from classmates and friends, making it difficult for one to communicate with other people.

Working on homework with friends, however, ensures one learns how to express themselves and solve issues, making one an excellent communicator.

How does a lot of homework affect students' performance?

Burnout is a negative effect of homework. After spending the entire day learning, having to spend more hours doing too much homework lead to burnout. When it occurs, students begin dragging

their feet when it comes to working on assignments and in some cases, fail to complete them. Therefore, they end up getting poor grades, which affects their overall performance.

Excessive homework also overshadows active learning, which is essential in the learning process. It encourages active participation of students in analyzing and applying what they learn in class in the real world. As a result, this limits the involvement of parents in the process of learning and children collaboration with friends. Instead, it causes boredom, difficulties for the students to work alongside others, and lack of skills in solving problems.

Should students have homework? Well, this is the question many parents and students ask when they consider these adverse effects of homework. Homework is vital in the learning process of any student. However, in most cases, it has crossed the line from being a tool for learning and becomes a source of suffering for students. With such effects, a balance is necessary to help students learn, remain healthy, and be all rounded individuals in society.