

Homework and Stress

By: Billy Follett

Homework can be viewed as a help to students or a huge source of stress. But to all that think there is no use to it, "Homework helps prepare for college and teach discipline" said Kristin Alford, the Medea Creek Middle School psychologist.

However, there is a downside to homework. I have personally seen people talk about severe depression because of huge homework workloads that do not allow them any free time. Generally students do not learn anything new from homework, it just re-enforces what they learned in class. In some classes, extra homework causes the students to dislike the class, because when there is minimal homework for that class it becomes less stressful and therefore more enjoyable which will cause the student to have a higher chance of participating and studying voluntarily according to several students I have interviewed. They told me that the amount of homework they were receiving was 'driving them over the edge'.

In other countries such as Norway, which is the most developed and educated country in the world according to the Human Education Index, several studies have shown that there is no definitive proof of homework being linked to scholastic achievement. In addition, Norway has a clearly better education system than the US, because students are less stressed and there is more scholastic achievement, which has been shown in many studies. Although Norway does not assign homework, they have a longer school day which lasts until 5 PM.

Parents' involvement in homework can play a role in student's stress level. Some students say their parents are not at all attentive to homework or grades, which will allow the students to skip homework, which will drop their grades. Other students say their parents are overinvolved with homework because they are constantly pushing the student to do work which causes stress. That stress will cause a student to be less focused on the quality of work but focused on how quickly they can finish assignments as to avoid being yelled at for working slowly.

In conclusion, homework, if used correctly, can be a slight help for students' scholastic achievement, but it also has the risk of leading to high stress for students.

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