

Homework Is Not Beneficial For Kids

By:Maddie Oldham

Kids don't actually need homework and it is not beneficial. Kids and teens are overwhelmed with homework every night. "Children are already sitting long hours in the classroom, and homework assignments only add to these hours. Sedentary lifestyles can be dangerous and can cause health problems such as obesity" according to a study that was made in 2017 by the American Academy of Pediatrics. Homework doesn't even just overwhelm kids but also can lead to their social development and physical development. Homework can take away from physical activity leading to obesity or other health problems. It can also cause kids to have social anxiety or other social skill problems because they have to do their homework, which means they have no time to actually be a kid and get outside like a normal kid should. In my personal experience homework has never actually helped me but it does give me a lot of stress especially after playing sports and being in school all day. Homework is not beneficial because it leads to kids cheating, many kids don't have resources, kids play sports, and overall it is a very stressful thing.

Homework hasn't even been proven to help people, in fact it might make people

worse and lead to bad decision making. For example, if someone chooses to cheat, it is not doing anything for them except them thinking they can cheat and get away with it. Cheating is a big thing especially with kids who don't have as many resources as others do. If they don't have a computer at home or if a parent is not available it is very hard to do assignments compared to others who have a parent at home.

"Kids from wealthier homes are more likely to have resources such as computers, internet connections, dedicated areas to do schoolwork and parents who tend to be more educated and more available to help them with tricky assignments. Kids from disadvantaged homes are more likely to work at after school jobs, or to be home without supervision in the evenings while their parents work multiple jobs." According to San Diego University.com. Kids get a lot done at school and also have the resources at school to get the work done. At home many kids are limited and it's a struggle finding resources or even a parent to help them.

Although people may argue that homework can connect you more to your learning and improve student performance, it is actually worse. If people

have after school activities or a job after school they could have to do homework at night which would make them tired causing their student performance to be worse. Teachers would rather have students awake and ready to learn in class than being tired from staying up all night to finish homework. Many kids also have after school sporting events and might have to squeeze in homework. When you are doing this you are trying to do the homework as fast as possible and you really aren't learning anything at all.

New York University conducted a study called Frontiers in Psychology in 2015 on stress due to homework. They interviewed 128 students and there were many shocking results. More than 2/3rds of the students said they used drugs or alcohol to cope with the amount of stress that homework gives them. This is a terrible and sad result. Students should not be this stressed out about homework that they would make unhealthy and unsafe decisions. Schools should stop giving out homework because it is bad for your mental health, can mess up your social and physical skills, and can also be a struggle for kids who are not as wealthy.

Photo by:Maddie Oldham (Frontiers in Psychology Study)
This study was conducted to see how stressed out students are about homework.

