HOMEWORK AFFECTS LEARNERS’ HEALTH, SOCIAL LIFE AND GRADES

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The Department of Education has implemented memorandum 392 s. 2010 or the so-called No Homework Policy. It orders teachers not to give homework to their pupils on the weekend to have time for their family and friends. According to DepEd Usec. Anne Sevilla, this policy will help in the holistic development of the child which is important. As such, it was emphasized also that by implementing this it will bring positive and affirmative consequences for the learners.

Homework is an important part of the learning process of learners outside the classroom. It provides learners with the ability to think beyond what is taught in class. Unfortunately, many studies homework can affect students’ health, social life, and students’ grades negatively. Perhaps these things became the reasons why our government decided to create a policy that prohibits teachers from giving homework on weekends to all public schools across the country.

Here are some reasons on how homework affects learners in terms of Health, Social Life and Grades:

1. On Learners’ Health. Homework can affect both students’ when it comes to their physical and mental health. According to Stanford University, 56 percent of students considered homework as a primary source of stress. It is also said that too much homework can result in a lack of sleep, headaches, and exhaustion. Similarly, excessive homework can also result in poor eating habits that will result in weight loss.
2. On Learners’ Social Life. Social time gives students a chance to relax their minds as well as their bodies. But students who have huge amounts of homework have less time to spend with their families and friends. This can lead them to the feeling of being alone and without a support system. Without time to socialize and relax, students can become increasingly stressed and problematic at home and school. It is sometimes best to have social life since it improves the quality of life, boost our mental health, and help us live longer.

3. On Learners’ Grades. Students can become exhausted if they have too much homework. When this happens, the child may not be able to complete their homework or rely on a parent to assist them to do their homework. As a result, the good effects and significance of homework are lost, and grades can start to become low. Too much homework can also result in a loss of attentiveness, which will eventually lead them to stop listening to their teachers during the discussion. The focus of the students on their studies become unfocused so the tendency, they starting to lose their eagerness to learn consequently, their grades descend.

With this, the Department of Education pushed through this policy since 2010 to grant parents complain about too much homework which takes away their children quality time to be together in more delightful activities. Thus, teachers give reasonable homework to their pupils during weekends to allow them to enjoy their childhood and spend quality time with their parents without being burdened by extra schoolwork.

References: