ON ASSIGNMENTS

by:

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The blog posted by Anthony Kelly that is entitled Homework Could Have An Impact on Kids' Health. Should Schools Ban It? says a lot in which can help us answer the question itself, should really schools ban it? According on his article, they have studied through Trends in Mathematics and Science Study (TIMMS) which was turned into the result that highest homework loads are associated with countries that have lower incomes and higher social inequality and according to their study in the 2007 research, 59 countries of whom participated in TIMMS was reported getting homework, while only 7% of the fourth graders got no homework. It was stated from the blogpost that homework can actually give negative effects to students in different or various ways, students around the world are struggling with large homework loads, that alone could have long-term negative consequences for their academic success; however they also said that homework can be tailored in ways that improve the chance of maximum positive impact for any given student. (LeTendre, 2015)

There are schools that require or assign too much homework to their students every week. With all these homework, students get stressed out and don’t have time to do other things such as exercise. It will give negative effect on them especially for elementary students because instead of enjoying their childhood days even only during weekends like playing with other kids, they will rather finish the requirement, stay at home, browse internet, read books and solve problems as the teacher or school require them to comply where in fact they can do it inside the classroom. In addition, not only elementary students can lost their times in playing with other kids because for teens or
students in higher levels such as high school and college, they can also be stressed in doing homework instead of enjoying their hobbies after school. Some people may say that homework allows students to practice what they have gained in school, but if the student does not have complete understanding of the lesson, then they are just practicing and learning the wrong way of doing it because the teacher is not there to help them. If the student has a question about the work, they can’t just do it by themselves or if they seek help to their parents and try it on their own, probably they will get it wrong so basically practicing the lesson through homework will not be so effective.

After spending all day in classroom, the first thing that students want to do at home is to have their rest or relaxation. Nonetheless, due to a requirement or homework given by school or the teacher, they will finish it first and spend additional time instead of sleeping for the next day to enter their class. Thus, homework can again affect the mental health of the child because homework interrupts the sleep of the child which can affect their mood and energy so chances are, it can affect their willingness in participating during discussion.

Finally, for students who take academics very seriously, homework can also be the reason for them not to take meal or food properly. Instead of eating first, they will give much time in finishing the work instead of taking their breakfast, lunch or dinner. Basically, it gives them the reason in not eating in the right time or homework makes student do eating disorder which will turn negative effect in their health. Thus, it is not a good practice for them because it can turn into serious matter in the long run.

Homework is not only a simple piece of activity for students; it can possibly be a reason for them to be mentally unhealthy. This is a good point to ponder for our school heads that really entails a lot of discussions and debates. May this idea bring more positive contributions in our present educational system.
References: