

HOMework AND ITS LIMITS: BALANCING EDUCATION AND WELL-BEING

by:

Erlie E. Panlaque

Teacher II, Tala Elementary School

In the current education system, students frequently face an excessive amount of homework daily, which provides them with limited opportunities for relaxation, hobbies, or family time. The high volume of assignments can lead to considerable stress, as many students find it challenging to fulfill deadlines while managing other commitments. This relentless pressure not only impacts their academic success but also depletes their energy and passion for learning. It raises the question of whether heavy workloads are genuinely advantageous.

Minimizing homework is important because excessive assignments can lead to significant stress for students. The challenge of finishing numerous tasks within limited timeframes frequently undermines genuine learning and negatively impacts overall well-being. A more balanced method would enable students to cope with stress while facilitating more active engagement in their studies. Emphasizing the balance between academic demands and mental health is crucial for promoting both academic success and personal development.

Moreover, substantial homework assignments often restrict time for extracurricular pursuits, personal interests, and leisure activities. When students are consistently preoccupied with their tasks, they may experience burnout and fatigue, which can have a lasting impact on their physical and emotional well-being over time. Providing additional spare time would promote creativity, social engagement, and family connections—essential components of a balanced lifestyle that enhance learning beyond the school environment.

Research also indicates that excessive homework does not necessarily lead to higher academic achievement. Studies suggest that there is a point at which additional homework becomes ineffective and may even discourage students, leading to frustration and disengagement. Instead of focusing on quantity, educators should prioritize quality by designing meaningful assignments that genuinely enhance understanding. This ensures homework serves its intended purpose without overwhelming learners.

In summary, minimizing homework brings evident advantages for students' academic and personal well-being. With reduced assignments, they can experience decreased stress, uphold a healthier balance, and immerse themselves more fully in learning. To foster a supportive and effective educational atmosphere, schools should reconsider the purpose of homework and prioritize student well-being. By adopting this approach, education can more effectively support students both in and out of the classroom, enabling them to excel academically and personally.

References:

Stanford Study on Homework Stress and Effectiveness

<https://news.stanford.edu/stories/2014/03/too-much-homework-031014>

Stanford Children's Health – Health Risks of Excessive Homework

<https://healthier.stanfordchildrens.org/en/health-hazards-homework/>

Systematic Review: Homework Time vs. Academic Performance

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8988773/>

Pilot Study: Reducing Homework to Improve Well-Being

<https://files.eric.ed.gov/fulltext/EJ1410969.pdf>

Balancing Homework Quality Over Quantity – Expert Discussion

<https://ed.stanford.edu/news/how-school-comes-be-place-where-you-want-be>