



The Effect of Homework on Student's Performance and Mental Health

Sangeeta Singh ^{1*}, Dr. Rainu Gupta ²

¹ Department of Education, Sanskriti University, Mathura, Uttar Pradesh, India

² Professor, Department of Education, Sanskriti University, Mathura, Uttar Pradesh, India

* Corresponding Author: Sangeeta Singh

Article Info

ISSN (online): 2582-7138

Volume: 06

Issue: 01

January-February 2025

Received: 09-12-2024

Accepted: 10-01-2025

Page No: 1642-1645

Abstract

This study examines the impact of homework on students' academic performance and mental health, aiming to provide a balanced perspective on its role in education. Homework has long been considered a fundamental tool for reinforcing classroom learning and improving academic outcomes. However, increasing concerns about its potential to contribute to stress, anxiety, and burnout among students necessitate a closer evaluation. The research explores the relationship between homework quantity, quality, and its influence on academic achievement, as well as the mental well-being of students across various educational levels. Through a combination of literature review, surveys, and interviews with students, parents, and educators the finding reveal a complex dynamic. While moderate and well-structured homework positively correlates with improved performance, excessive or poorly designed assignments are linked to heightened stress and reduced mental health. That paper emphasizes the importance of tailored homework policies that balance academic objectives with students' emotional and psychological needs, proposing strategies to optimize the benefits of homework while mitigating its negative effects.

DOI: <https://doi.org/10.54660/IJMRGE.2025.6.1.1642-1645>

Keywords: Homework, Mental Health, Evaluation, Learning

Introduction

Homework has long been a staple of education systems worldwide, serving as a tool for reinforcing learning, building discipline, and fostering independent study habits. However, in recent years, the role of homework has been debated. While some studies highlight its positive impact on academic performance, others argue that excessive homework can lead to mental health challenges among students. This paper examines the effect of homework on students' academic performance and mental well-being, aiming to strike a balance between the benefits and potential drawbacks. The effectiveness of homework depends on several factors, including its quality, quantity, and the age of student. For younger children, research shows that excessive homework offers diminishing returns and may even hinder their natural curiosity and creativity. Education is a fundamental aspect of human development, shaping individuals' cognitive abilities, social skills, and future opportunities. Among the various components of formal education, homework has been a long-standing practice, intended to reinforce classroom learning, encourage independent study, and enhance students' academic performance. Educators and policymakers often view homework as a vital tool for fostering discipline, responsibility, and a deeper understanding of academic subjects. However, despite its impact of homework on students' academic performance and mental health remains a topic of considerable debate. In recent years, concerns have been raised about the potential drawbacks of excessive homework. Many students experience high levels of stress, anxiety, and sleep deprivation due to overwhelming academic workloads. Additionally, the effectiveness of homework as a learning tool varies based on factors such as the students' age, socio-economic background, and the quality of assignments given. While some studies suggest that excessive or poorly structured assignments can be counterproductive, leading to burnout, decreased motivation, and adverse effects on mental well-being.

This research paper aims to explore the dual impact of homework on students, examining both its benefits and its challenges. By reviewing existing literature, analysing data, and considering diverse perspectives, this study seeks to determine whether homework contributes to academic success or if it places unnecessary pressure on students. Additionally, the paper will investigate how the quantity and quality of homework influence students' mental health, including stress levels, anxiety, and overall well-being. Understanding the relationship between homework, academic performance, and mental health is crucial for educators, parents, and policymakers striving to create a balanced and effective educational system. By identifying best practices and potential reforms, this study hopes to contribute to the ongoing conversation about optimizing homework policies to support students' holistic development.

Homework

Homework is a schoolwork that students are assigned to complete outside of class. It can include reading, writing, math problems, projects, or other assignments meant to reinforce what was learned in class. The goal of homework is to help students practice skills, deepen their understanding, and prepare for future lesson.

Importance of Homework

Homework has been a cornerstone of education for centuries, fostering student learning outside the classroom. Homework is a fundamental aspect of educational process, serving as a bridge between school and home. Homework has evolved alongside educational practices. Initially designed to reinforce rote memorization, modern homework aims to foster critical thinking, creativity, and problem-solving skills.

Academic Benefits

1. **Reinforcement of learning:** Homework allows students to practice and consolidate knowledge acquired in class, leading better retention and understanding.
2. **Preparation for Upcoming Lessons:** Assignment often introduce concepts that will be explored in future classes, enabling students to come prepared.
3. **Improved Academic Performance:** Numerous studies indicate a positive correlation between homework and academic achievement, particularly in higher grades.

Development of Essential Life Skills

1. **Time Management:** Regular homework assignments teach students to prioritize tasks and manage their time effectively.
2. **Responsibilities and Accountabilities:** Completing homework fosters a sense of responsibility and accountability, preparing students for professional and personal responsibilities.
3. **Self-Discipline:** Homework encourages self-regulation and intrinsic motivation, essential for lifelong learning.

Home-School Connection

1. **Parental Involvement:** Homework provides parents with insights into their child's academic progress and the curriculum, fostering collaboration between parents and educators.
2. **Communication:** Regular assignment serve as a communication channel, keeping parents informed about classroom activities and expectations.

Academic Performance and Homework

Homework has been widely recognized as an effective tool

for reinforcing classroom learning. Studies suggest that moderate amounts of well-designed homework can significantly improve students' understanding of subjects and enhance their academic performance

1. **Skill Reinforcement:** Homework allows students to practice and apply the concepts learned in class. For instance, solving mathematical problems or writing essays at home enables students to master specific skills, leading to better academic outcomes.
2. **Time Management:** Regular homework assignments help students develop time management and organizational skills, which are crucial for academic success and future career development.
3. **Parental Involvement:** Homework can also encourage parental involvement in their child's education, fostering a supportive learning environment. Parents who assist with homework can better understand their child's strengths and weaknesses.

Mental Health Implication of Homework

While homework has its academic benefits, an excessive workload can negatively affect students, mental health. The pressure to complete numerous assignments often leads to stress, anxiety, and burnout, especially among high school students.

1. **Stress and Anxiety:** Studies show that students who spend more than two hours on homework per night are more likely to experience high levels of stress. This is particularly true during exam periods when homework tasks overlap with test preparation.
2. **Sleep Deprivation:** Late-night homework sessions often lead to sleep deprivation, which adversely affects students' cognitive functioning memory retention, and overall well-being.
3. **Loss of Leisure Time:** Homework can encroach on time meant for extracurricular activities, hobbies, and social interactions, essential for a student's holistic development.
4. **Emotional Health:** Continuous academic pressure can contribute to feelings of frustration and inadequacy, especially when students struggle with challenging assignments.

Striking a Balance

Given the potential benefits and drawbacks of homework, educators and policymakers must adopt a balanced approach. Recommendations include

1. **Setting Age-Appropriate Limits:** The National Education Association (NEA) recommends the "10-minute rule", suggesting 10 minutes of homework per night (e.g., 60 minutes for a 6th grader).
2. **Quality over Quantity:** Assignments should be meaningful and designed to reinforce critical concepts without being overly time-consuming.
3. **Flexibility and Support:** Providing flexibilities in deadlines and offering additional support for struggling students can alleviate homework-related stress.
4. **Encouraging Feedback:** Educators should seek regular feedback from students and parents to ensure that homework remains an effective tool for learning than a source of stress.

Conclusion

Homework plays a crucial role in shaping students' academic performance and life skills. However, excessive or poorly designed homework can negatively impact their mental health. A balanced approach, focusing on quality,

moderation, and student well-being, is essential to ensure that homework remains a productive component of education. By addressing these challenges, schools can create an environment where students thrive academically without compromising their mental health. This research underscores the importance of tailoring homework policies to students' needs, emphasizing a harmonious blend of academic rigor and mental wellness. The research on the effects of homework on students' academic performance and mental health highlights a complex and multifaceted relationship. Homework, when designed thoughtfully and assignment in appropriate quantities, can enhance by students' academic performance by reinforcing classroom learning, fostering independent problem-solving skills, and promoting time management. However, excessive or poorly designed homework can lead to adverse effects on students' mental health, including increased stress, anxiety, sleep deprivation, and reduce leisure time. Homework has long been a fundamental component of the educational system, designed to reinforce learning, foster independent study habits, and improve academic performance. However, as this research has explored, the effects of homework on students are multifaceted, encompassing both positive and negative consequences. While homework can serve as a valuable tool for reinforcing classroom instruction and enhancing knowledge retention, excessive amounts of homework can contribute to significant mental health challenges, including stress, anxiety, and burnout. The relationship between homework and academic performance is complex and influenced by several factors, including the quality of assignments, the time spent on homework, and the level of support students receive. Research indicates that moderate amounts of meaningful and well-structured homework can lead to improved academic outcomes by fostering discipline, problem-solving skills, and time management. However, an excessive workload may diminish these benefits, leading to diminishing returns and a negative impact on learning motivation. Moreover, the effectiveness of homework varies by age group, with younger students benefiting more from shorter, engaging tasks, while older students may drive greater academic gains from more in-depth assignments. In addition to academic outcomes, this research has highlighted the significant impact of homework on students' mental health. High homework loads, coupled with other academic and extracurricular demands, can lead to sleep deprivation, increased stress levels, and reduced overall well-being. The pressure to complete assignments on time, maintain high grades, and meet parental and teacher expectations can contribute to chronic stress and anxiety. This is particularly concerning given the growing awareness of student mental health challenges and the need for a balanced approach to education. Furthermore, the disparity in homework effects across different socioeconomic backgrounds must be considered. Students from well-resourced households with access to academic supports and conducive learning environments trend to benefits more from homework than those from disadvantaged backgrounds this raises concerns about educational equity, as excessive homework may widen achievement gaps rather than close them. Schools and policymakers must recognize these disparities and work towards homework policies that accommodate diverse student needs. To address these challenges, educators, parents, and policymakers must strive for a balanced approach to homework. Schools should emphasize quality over quantity, ensuring that assignments are purposeful, engaging, and aligned with students' learning capacities. Teachers should be mindful of workload distribution,

providing clear guidelines on expected time commitments and incorporating flexibility for students to manage their schedules effectively. Additionally, fostering a supportive academic environment, where students feel comfortable seeking help and managing stress, is crucial for maintaining both academic success and mental well-being. Ultimately, while homework remains a valuable educational tool, it must be assigned thoughtfully to maximize its benefits while minimizing its negative consequences. Striking a balance between academic rigor and student well-being should be a priority for educational institutions. Future research should continue to explore innovative approaches to homework that enhance learning without compromising students' mental health. By adopting evidence-based homework practices, educators can create an environment where students not only excel academically but also develop holistically, fostering lifelong learning and well-being.

References

1. Bempechat J. The motivational benefits of homework: A social-cognitive perspective. *Theory Into Practice*. 2004;43(3):189-96.
2. Bennett S, Kalish N. The case against homework: How homework is hurting our children and what we can do about it. New York: Crown Publisher; c2006.
3. Cooper H. The battle over homework: Common ground for administrators, teachers, and parents. Thousand Oaks: Corwin Press; 2007.
4. Corno L. Looking at homework differently. *The Elementary School Journal*. 2000;100(5):529-48.
5. Dettmers A, Trautwein U, Lüdtke O, Kunter M. Homework works if homework quality is high: Using multilevel modeling to predict the development of achievement in mathematics. *Journal of Educational Psychology*. 2010;102(2):467-82.
6. Galloway M. Nonacademic effects of homework in privileged, high-performing high schools. *The Journal of Experimental Education*. 2013;81(4):490-510.
7. Galloway MK, Pope D, Osberg J. Stress in academic life: The impact of homework on 21st-century adolescents. *Educational Researcher*. 2013;42(3):171-81.
8. Gershenson S, Tekin E. The effect of community traumatic events on student achievement: Evidence from the Beltway Sniper attacks. *Education Finance and Policy*. 2018;13(4):513-44.
9. Gill BP, Schlossman SL. A nation at rest: The American way of homework. *Educational Evaluation and Policy Analysis*. 2000;22(3):225-49.
10. Kackar HZ, Shumow L, Schmidt JA. Daily homework and affect in the family context: A diary study of mood and homework activity. *Journal of Family Psychology*. 2011;25(3):319-28.
11. Kohn A. The homework myth: Why our kids get too much of a bad thing. Cambridge: Da Capo Press; 2006.
12. Kouzma NM, Kennedy GA. Homework, stress, and mood disturbance in senior high school students. *Psychological Reports*. 2002;91(1):193-8.
13. University of Iowa. How does homework affect students' mental health? *GerosHealth*. 2024.
14. Pope D, Galloway M, Conner J. Nonacademic effects of homework in privileged, high-performing high schools. *The Journal of Experimental Education*. 2013;81(4):490-510.
15. Ramdass D, Zimmerman BJ. Developing self-regulation skills: The important role of homework. *Journal of Advanced Academics*. 2011;22(2):194-218.
16. Ramirez FO, Boli J, Meyer JW. The political

- construction of mass schooling: European origins and worldwide institutionalization. *Sociology of Education*. 1987;60(1):2-17.
17. Scheb R. Does homework work or hurt? A study on the effects of homework on mental health and academic performance. *Journal of Catholic Education*. 2023;26(1):141-60.
 18. Trautwein U, Lüdtke O. The relationship between homework and achievement—Still much of a mystery. *Educational Psychology*. 2003;23(2):115-45.
 19. Vatterott C. Rethinking homework: Best practices that support diverse needs. Alexandria: ASCD; 2009.
 20. Xu J. Homework purpose scale for high school students: A validation study. *Educational and Psychological Measurement*. 2010;70(3):459-76.
 21. Scheb R. Does homework work or hurt? A study on the effects of homework on mental health and academic performance. *Journal of Catholic Education*. 2023;26(1):141-60.