

# How too much irrelevant homework can mess with young students' mental health

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In my opinion, secondary school students in this day and age do not get the sleep they need... I, personally, do not get the sleep that I need. On average I get around 7 hours sleep every night. This is mostly due to being up all night stressing about getting my large quantity of homework finished on time. It then ends up rushed and, because I'm tired, it is not to a good enough standard. A good friend of mine has explained to me that she get a minimum of 5 pieces of homework every week. Most of the time it is not of any importance and will not help her at all in life.

Mental health, self harming and suicide, is becoming a major problem in young school students. I myself know of many people around the same age as me that do or have previously self harmed and/or have suffered with anxiety and/or depression.



Nuffield Trust have compared the difference between young people in England reporting a long standing mental problem. In 1995 the percentage was at a low score of only 0.8% whereas in 2014, it was at a higher point of 4.8%. People would argue that in 1995 the problems were just not reported as much and that people just suffered in silence but that is still the case today. If everyone who suffers with mental health illnesses reported it then I guarantee the percentage would be much, much higher. The stress that comes with homework can sometimes be really challenging.

There is evidence that shows homework does contribute to causing these problems as some of the homework can be really hard and stressful. The students may think they are pretty confident with the topic and then when the homework isn't 10 times more difficult, they can lose that confidence in themselves. However, homework does have a good side to it, it can benefit in helping reuse the skills and go over what they have learnt, helping build up that confidence in the first place. CBBC have said that some people say that homework helps children to work on their own and be disciplined with themselves.

In conclusion, there is evidence to support both sides of this argument and so a conclusion is unclear. What is clear though, however, is that teachers must make homework relevant and useful. They should also not have a set target of homework to set as half of the homework then ends up irrelevant. More help must also be given to those students who suffer from mental illnesses and the awareness of these problems should be more widely spread.