Why Homework Should Be Banned

Imagine a world where students come home from a tiring day at school and are free from the burdening responsibility of homework. Imagine them not having to sit a desk, with their hands on their cheeks, and their blank eyes staring out of the mundane window. Such a scene may seem like a dream to some, but if homework gets banned, it can be turned into a reality. Today, I will discuss three reasons why homework should be banned: it increases stress and anxiety, limits personal freedom, and does not actually improve academic results.

The first reason why we should ban homework is because it causes unnecessary stress and anxiety for students. Students already know everything that was taught to them at school, so why should we bother making them do it again? That action has no positive effects on children, it will only cause stress and dilute academic results. Homework has been scientifically proven to be detrimental to a student’s mental health through many different researchers and studies. For example, a 2014 study by Stanford University showed that fifty-six percent of students considered homework a primary stress factor, while less than one percentage said that homework was not a stressor. The study also showed that it caused sleep deprivation, stomach problems, and weight loss. This just emphasizes how important it is for us to ban homework, so that it can no longer plague the minds of innocent students. Overall, homework should unquestionably be banned, for the health of all students.

The second reason why we should ban homework is because it limits personal freedom. After spending six exhausting hours at school, children deserve the time to unwind from the day’s activities and relax. Students want to spend quality time with their family, to socialize with their friends, or to pursue their hobbies. However, homework does not allow them to do this, as it is a rock-solid wall that cannot be broken down, only taken away. Many schools, however, say that homework provides more benefits than leisure time. But this argument is flawed greatly. A 2017 study by the University of Cambridge said that eight-five percent of the people who had hobbies achieved higher academic results in tests, while those who didn’t received lower scores. Schools want their students to be happy, but homework just doesn’t help with that problem. This the only way to allow students to be satisfied with their learning experience. Therefore, homework should undoubtedly be banned, for the good of all students.

The final reason why we should ban homework is because that it does not significantly improve learning outcomes. While its intention is to reinforce what is already taught in school, numerous studies and researches have shown that the benefits of homework are especially limited, particularly when it is given in excess amounts. A 2018 study by the University of Oxford discovered that, while homework does possess some benefits, the academic changes are just too minute to even be noticed. Researches said that schools which did make their students do homework improved by four percent, while schools that didn’t improved by a whopping forty-seven percent. This study shows that homework is not reliable in helping students learn, and can actually dilute their skill level. Furthermore, most homework is just revision of the topics that the poor students have already learnt about. This does nothing but bore them to death, and we need to make sure that they are excited and enthusiastic with their learning. All in all, homework should absolutely be banned, so that students can achieve their maximum potential.

In conclusion, while some may still argue against the option, the choice is clear. While the other argument does have its merits, its benefits are far outweighed by its disadvantages. Schools must ban homework, so that students receive the best of education and ready for their future.