

# Psychological Issues Faced by High Schoolers in Homeschooling Work

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**Abstract:** The present literature focused on the psychological issues faced by the high schoolers in homeschooling work. The literature involves the main sources of stress during the homeschooling work, change in sleep pattern, interest towards other extracurricular activities, impact of COVID-19 on the high schoolers during homeschooling and challenges faced during the completion of work and maintaining a work-life balance. Findings reveal that the homeschooling work has a great impact on the mental health of the high schoolers and even on their physical strength during the day time. Overall the paper is a contribution towards a better understanding about common sources of stress in high schoolers and steps towards making the education system have a caring and friendly approach.

## INTRODUCTION

Physical and mental health are interdependent; you cannot consider yourself healthy if you are physically perfect but cognitively incapable of understanding what you are doing. It is well known that the educational system has a lackadaisical approach towards children's mental health. Academic stress has been extensively studied, and it is generally known that even if individuals with academic stress have the potential, they tend to perform worse in their studies and have lower well-being. Academic stress frequently causes students to experience psychological problems including anxiety and sadness. High school students are complex and challenging to understand since they often act irrationally and think like grownups.

According to the C.D.C., over 40% of high school students in 2019 had seriously considered suicide, up from 26% in 2009, and about 20% of students reported having chronic depressive or hopeless sentiments. In 2021, two years later, 44% of high school students reported feeling depressed or hopeless. Additionally, among youngsters aged 10 to 14 years, suicide is currently the second most common cause of death.

In 2013, Stanford University researchers discovered that children in high-achieving neighbourhoods who spend too much time on homework have increased stress, physical health issues, a lack of balance in their life, and social alienation.

## STATEMENT

Shed light on the psychological issues faced by high schoolers in Homeschooling work.

## OBJECTIVE AND METHOD

The debate of homework being a stressor in high school children is not new, it has been going on for a long time now. Yes parents with big dreams about their children and their colleges stand against the idea of no homework but they have to realise that a child will not be able to do what he/she is capable of if overburdened. For this research, a survey was made and the responses were collected from students from classes 9th to 12th. 117 responses were collected.

## HOMEWORK HIGHLIGHTS INEQUALITIES

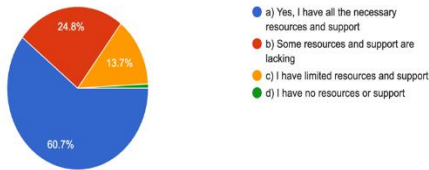
Not every family is rich, not every student has all the facilities needed to do the homework. In today's time textbooks are hardly used for completing assignments and it's all about research. Now this disproportionately affects students from less up-scale families.

The American Psychological Association (APA) explained:

“Kids from wealthier homes are more likely to have resources such as computers, internet connections, dedicated areas to do schoolwork and parents who tend to be more educated and more available to help them with tricky assignments. Kids from disadvantaged homes are more likely to work at after school jobs, or to be home without supervision in the evenings while their parents work multiple jobs.”

According to the data collected, not everyone has all the facilities and resources required for the homework.

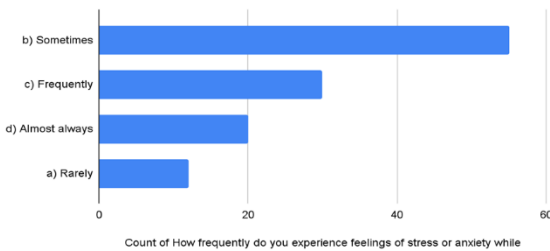
Do you have access to adequate resources and support for your home schooling work?  
117 responses



### HOMework: A HUGE STRESSOR

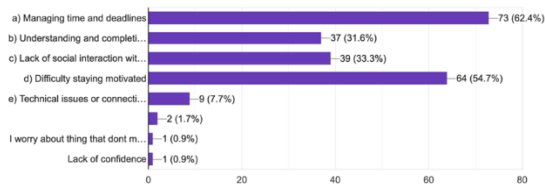
Homework seems like a burden to students. There are few students who like the concept of homework because it makes them revise the entire day course but then the revision can be done in other ways as well such as a revision on their own of whatever they studied today or making questions for themselves and answering. That is more helpful and a thorough revision at its own pace. According to the data collected.

Count of How frequently do you experience feelings of stress or anxiety while completing your home school work?



### REASONS BEHIND HOMEWORK LEADING TO PSYCHOLOGICAL ISSUES

What are the main sources of stress or anxiety for you during home schooling work?  
117 responses



The topmost reasons behind homework leading to a negative impact on high schoolers mental health are:

#### 1. Managing time and deadlines:

After a tiring day, just like adults, children need a break. Small quantity of homework is okay to give and easy to finish but with time, homework's are more

about internet research than a small revision. At the end of the day it becomes difficult to sit and research and complete the homework. This just leads to a bad sleeping schedule, stress, tiredness and irritability.

Many students who are under deadline pressure to turn in homework projects at home turn to copying, plagiarism, or ingenious computer "hacks" to get things done. ( Source: *The Chronicle of Higher Education*, "High-Tech Cheating Abounds, and Professors Bear Some Blame," 2010. )

#### 2. Understanding and completing the assignment:

All students have different IQs. Some can do an assignment within fifteen minutes whereas some might take an hour to do the same assignment and some might not understand the assignment also. When other students complete the assignment and few students don't complete it not because they did not try but because they were unable to understand, their confidence goes low. They become doubtful about their real potential and tend to overthink.

#### 3. Lack of social interactions with peers:

Extroverts love studying in a classroom. They love a lively, interacting class instead of sitting alone and gaining knowledge. They tend to gain more knowledge also in a group than in an isolated environment. The students are unable to maintain their work-life balance and feel that their life is pointless. The students experience stress, anxiety and feel aimless.

#### 4. Difficulty staying motivated:

After a hectic day, the students just return back home to do some more schoolwork. They come and sit on their computers and start to complete their homework assignments for hours. It would be an understatement to say that all this relentless amount of work is overwhelming for students. Students look forward to spending some quality time with their families at night but instead have to complete their assignments. It becomes difficult for them to focus when they see their families having a quality time and tend to feel left out.

#### 5. Technical issues:

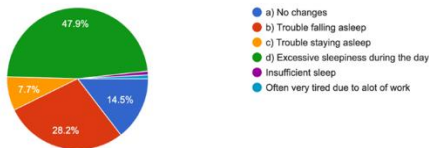
In the end not all families are equipped with good internet connection, good laptop or computers and other resources. Now even if the student has a potential

to get an A in the assignment, he/she will not be able to due to the lack of digital facilities.

### CHANGE IN SLEEP PATTERNS

Homework leads to a huge change in sleep patterns. Not only because a lot of homework is given that it takes time to finish but also the energy level of the students is next to nothing. When they return home at the end of the day, they wish to spend some quality time with their families and rest. Completion of homework leads to sleeping late but the students cannot get up late because they have school the next day. This often leads to them having less than seven hours of sleep. The students as a result end up feeling sleepy the next day and tired. They are not able to do the activities with full energy and with the full potential they have.

Have you noticed any changes in your sleep patterns due to home school work?  
117 responses



### QUALITY OVER QUANTITY

The objective is to not remove homework completely because it is true that not all students have the motivation to study on their own or revise what they did today in school and homework is the only way they do it. But more than the quantity it is the quality of the homework that is going to bring a change.

One thing they all agree on, according to an article this year in Monitor on Psychology, is that homework assignment quality counts.

Many students admitted to doing schoolwork they thought was "mindless" or "pointless" in the Stanford research. Pope said in an interview with Monitor on Psychology that even with fewer homework, pupils may still master difficult abilities. "You can have a rigorous course and not have a crazy homework load," Pope said.

There is no point in giving assignments that are not going to help children in future. Just like that there is no point in asking the children to make hardcopies of summer projects because in the end it is going to go to waste. Hard copies of a project is a waste of time and

resources. The students can be asked to make presentations, videos, research papers which will enhance their research skills and help them in future as well, but that too also to a limit. The teachers should stick to the 10-minute per grade standard.

### CONCLUSION

The education system should actually take steps towards better mental health of students and not just talk about it. It needs to stand for what it values. Homeworks were assigned before also but with time the quantity of homework has just increased a lot. Multiple studies have shown that students average about three hours of homework per night. According to The Atlantic, children have twice as much homework today as they did in the 1990s. According to the Washington Post, children currently spend an average of 3 hours on their schoolwork, and the Polaris Teen Centre estimates that 1 in 5 teens suffer from at least one mental ailment.

The teachers and students should have conversations about what kind of homework they would like to take, what is making them stressed recently and try to understand each other's situation and problems. Giving homework related to what students are actually interested in will make them less stressed and not feel like they are putting effort into something that is pointless.

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