

# Homework should be reduced essay sample

[Health & Medicine](#), [Obesity](#)



Homework are like pills you need it, but it's are not necessary. Even though homework could give you valuable information it should be reduced because it is not necessary sometimes. In my argument I believe homework should be reduced because it takes much time, cause stress, and reduce our time of sleep. The purpose of this paper is to show readers what less homework causes and how it could be modified.

Homework is like a resource you need, it's necessary, but should be reduced in order to be use for studying. A lot of homework could cause students to do it to get it done, instead of learning the valuable information it gives you.

This is why homework should get reduced . One problem about homework is that students will have less time in their life to do daily activities. This would mean less time to help with family, play sports, talk with friends and go out to places. The minimize in time for homework would be important . Even though homework takes too much time it could also cause stress. In my POV(Point of View) I think homework causes me to lose memory instead of gain memory because it takes too much time and the information I'm getting from the homework is not getting absorbed thoroughly in my mind. Cited with resource homework could give a child obesity problem because the time they spend on it instead of going outside. Fifty-five percent of the Massachusetts children surveyed by researchers at Simmons College carry loads heavier than fifteen percent of their body weight, the suggested limit.

Too much homework is like a illness it could cause stress, headaches and some back pain. Stress can cause: panic attacks, feeling hurried, headaches, and doing drugs. This is why homework should be reduced and not

increased. If stress causes these problems it is dangerous for teachers to give too much homework. The main cause of stress, would be homework, because it takes too much focus and time. To me stress is okay, but when I have too much stress it gets annoying. The definition of stress would be continuous feelings of worry about your work or personal life, that prevent you from relaxing. Too much homework would also mean more textbooks, notebooks, paper and a heavy backpack. This would lead to back pain. As surveyed one-third of the 345 children in grades 5 through 8 surveyed reported back pain.

Sleep is a big problem in our community and I think homework would be one of the big problems in lost of sleep. When sleep is gone, this will cause laziness in the classroom. Sleep will also cause laziness in doing homework, so instead of giving too much homework we should get less homework. When you have lack of sleep it will not only cause incomplete homework, but less turn in rate. Here are some example of what will happen when you get less sleep: lose of memory(only a little), health problems(may cause absences in school ), and depression. These three reasons are why homework should be reduced because it is a big problem in our life. Some side effects of sleep would be: headaches, tiredness, and lost of focus. For me sleep is a big problem because sleep causes me to lose focus in school. What I really hope in the future is homework to be eliminated or reduce.

Homework is a big problem in our society and I believe that these are some of the main reasons why homework should be reduced. It is better to do less homework than more homework. The time is not to stop giving out too much

homework. Less homework could have a huge effect on student and I believe that one day homework will be reduced. To the people who support my argument, I hope you guys would stop homework or reduce it. The main reason why this essay was written was to just stop the sanity of homework.

#### References:

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