

THE EFFICIENCY OF THE HOMEWORK AND THE IMPACT ON SOCIAL, EMOTIONAL AND PHYSICAL DEVELOPMENT OF THE STUDENTS

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ABSTRACT

This study represents the results of a research work, which aims to point out the time students spend on homeworks and to validate the hypothesis: The time spent on doing homeworks has an impact on social, emotional development. The purpose of this research work is to reflect the actual state of the time that students spend per week (more than 10 hours per week) and its impact on students' development. To substantiate this hypothesis, we have raised the research question: How does the time available for making households influence in the social, emotional, and physical development of students? The interviewed students proved us this problem, from whom we could understand that students experience anxiety, fatigue, drowsiness, nervousness, sadness, emotions that affect the growth of their personality, their social, emotional development and physical development. We can present many examples to prove that this problem is real nowadays. Homeworks can affect the emotional state causing the students sadness or lastingly sitting for a long time and not have physical activity leads to obesity. From the results of the research, we have come to the conclusion, that homeworks should either be removed at all or minimized in quantity. The empirical data were obtained through the focus group method, to the students of the 9-year school "Skender Luarasi" in Tirana. The study selected 4 pupils of the fourth grade, 4 fifth grade students, 4 eighth grade students, and 4 ninth grade students. In total , 8 females and 8 males. The students were selected from different levels of achievements.

Keywords: Homework, time consuming, social, emotional, and physical development.