AGITA IN MATHEMATICS

by:
Jean R. Dela Peña
Teacher III, Bataan School of Fisheries

Mathematics has been a fear for a number of people all over the world. It serves as a deadly illness that nobody wants to suffer. Students' feeling toward the subject is important especially when they feel pressured and tensed in solving math problems that can cause to lose their own self-confidence. In the 21st century, we must consider the theory of Howard Gardner about Multiple Intelligences which shows different ways on how students' learn. Students' may be classified as visual/spatial or good in figures/pictures, logical/mathematical, musical, body/kinesthetic, interpersonal and intrapersonal and verbal/linguistic which implies that teachers must be very flexible and must prepare different teaching methods that can be enjoyable and at the same time can boost students' confidence and interaction. In addition, teachers must not only focus on the traditional way of teaching. Students' nowadays desire for less lecture and look for more active than passive way of teaching. They are attention seekers and crave for activities that will enlighten and challenge them to do what is hard for them to do.

In relation to that, group activities and peer tutoring are also best ways in decreasing fear in Mathematics. By that, they can exchange ideas, ask questions and help each other, brainstorm and share their feelings and understanding about Mathematics. Another thing that the teacher, as well as parents, applies to lessen fear in Mathematics is to connect math to the children’s life like in cooking, sewing, sports, home repairs and traveling that may help them in appreciating the importance and relevance of Mathematics. Some people have fear in Mathematics because of their past experiences on it. They may have been offended by their teachers before which makes them hate
and be afraid of Math, or maybe they feel pressured in the speed of solving math problems that may result in low self-esteem and later on think that they can't do it.

Teachers and parents have a great impact on students' growth and development. They are the one who molds the children for what they will be for in the next few years and for the rest of their lives, so they must be aware and knowledgeable enough to influence children for them to find the real happiness and excitement in Mathematics.

References: