MATH ANXIETY

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Mathematics is a major subject in elementary that makes use critical thinking. To solve the problem, you can use pencil and paper. To become a successful engineer, accountant and architect, learn to love Mathematics. For those who love Mathematics, it will be very easy for them to understand the numbers.

Numerous students claimed they don’t like Math. But for some individual, they simply dislike fractions and equations.

For some students, who doing math can induce negative emotions like having fear of failure. It can harm their ability to execute or go through. This is called Math Anxiety.

The major causes of Math anxiety includes:

1. Answering tests with time limits
2. The fear of not getting the correct answer
3. Impact of teachers to the students

The indications that a child is struggling with his/her Math grades:

1. Uncommon nervousness while heard the word Math
2. A feeling of being isolated
3. Lack of self-trust
4. Panic while taking the tests or when called on to answer questions
To prevent math anxiety, teachers play a vital role to manifest positive attitudes towards Mathematics. Be responsible to help them see the importance of Mathematics in daily living. Students should learn how to apply in real-life situations. Lastly, the best way to cope up math anxiety is to practice study habits, find good reasons to study Math and make it an enjoyable one.

References:

https://www.oxfordlearning.com/what-is-math-anxiety/