Yes, there really is such a thing as mathematics anxiety and it is more common than you will ever think. This emotional disorder that frequently manifest in students is the discomfort and irrational fear that occurs whenever placed in a situation wherein the individual needs to perform or solve mathematical problems, equations, and other activities involving mathematics.

Math anxiety can be caused by mortifying experiences with dealing with math, in a way It is like a post-traumatic stress disorder (PTSD). Math anxiety can be as mild as irrational fear and embarrassment, to a full-blown hyperventilation, nausea, and flashbacks. The immense stress causes the person who suffers from math anxiety to further despise the subject which leads to intellectual dysfunction when it comes to arithmetic. This not only affect the academic performance of the student within the school but all carries over way beyond after, if ever they do graduate.

Math anxiety can be easily prevented, eliminated even. With proper guidance from family and teachers, the children will not have to go through any humiliating experience involving math. Mathematics is complicated, true, but not impossible to conquer. It is true that like some other talents and skills, being good in math can be an inborn gift, but that does not mean that it can’t be learned if thought properly. In fact, math can be really fun. Once you get the basics down, the succeeding topics and lessons will be a piece of cake.

The key in making sure that math anxiety does not occur lays with the foundation of learning. Children should be suitably prepared from a very young age that math, or
any subjects is not something to be scared or frustrated about. There should never be any pressure placed upon the children regarding solving or answering problems. Although every student is different in terms of learning phase or ability, the same principle should be implemented. No pressure. They can do it at their own time and it is alright to not get it right. With that mindset, children will know that although they do not perform well in a subject, that it is not the end of the world and mistakes are just signs to make an improvement.

At the changing age and time, it is easy to forget that even very young children, regardless of how clever they are at operating gadgets, that they fragile and delicate beings. It is very easy to create a long-lasting damage to their psyche.

This topic although seemingly irrelevant when it compares to other problems and issues in education still holds its significance. Numbers are everywhere, we use it in a daily basis when we count change and other monetary values. We need to be able to be numerically smart in order to function from day to day or else we wouldn’t know how much to pay for jeepney fare or the lunch we eat. Yes, it is the most basic addition and subtraction, and although you cannot use algebra and trigonometry in a constant basis, being able to solve and answer simple equations and problems helps to enhance the brains activity and repose rate. Math problems and equations are proven to keep the mind alert and at its optimal prowess which can be beneficial for a person.

The stigma regarding mathematics should be broken. Make the subject fun, not the dreaded and infamous monster subject that inevitably will bring low grades and frustrations. It is in the hands of the educator to help alleviate the occurrence of math anxiety and the fear of mathematics in general.
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