iJRASET
International Journal For Research in Applied Science and Engineering Technology

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 5 **Issue:** VI **Month of publication:** June 2017

DOI:

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)

Math-Phobia: Causes and Remedies

Mrs. Gurpreet Kaur[1]
[1]Assistant Professor, DAV College of Education for women, Amritsar (Punjab) India

Abstract: ***The article examines the causes and remedies of poor mathematics teaching and learning in primary and post-primary schools and recommends measures to overcome them. Among the root causes of mathematics phobia in schools are the introduction of modern mathematics, the poor system of examination, a lack of effective teaching aids, the Universal Primary Education Scheme (UPE), a shortage of qualified mathematics teachers, the lack of adequate in-service training programmes, a lack of proper incentives for mathematics teachers, and an inherent fear of mathematics. The study revealed that math-phobia exists among students, which is characterized by feverish feelings in math class, difficulty in understanding math problem among others. Highlighted causes include poor student-teacher relationship, nonconductive environment for math class among others. Concerted efforts should be made by all stakeholders in solving the problem to improve students' mathematics achievement.***

Keywords: Causes, Remedies Mathematics, Math-phobia, Students

I. INTRODUCTION

Mathematics is an important subject with broad applicability to everyday life, yet mathematics is often considered as a difficult subject in schools. Fajemidagba, Salman &Ayinla (2012), have described Mathematics as a core science subject and tool for the development of any science-based discipline. These include; technology, astronomy, graphics, industry and analytical reasoning in daily living. Ayinla (2011) also posited that mathematics is the pillar of all knowledge, showing its relevance to all disciplines. Onwuachu & Nwakonobi (2009) noted that mathematics is the foundation on which the whole essence of living revolves and the platform for scientific and technological innovation. Mathematics is viewed as a valuable tool for academic enhancement and career choice of individual regardless of gender and age (Ebeh, 2000). Mathematics is important to everyday life; it is described as the queen and servant of sciences. A basic level of mathematics has long been recognized as an essential requirement for everyday life and for most occupations. Efforts have been made at investigating trends of students' achievement in Mathematics as well as factors responsible for the level of such achievement. Some of the reasons attributed to the observed poor achievement in Mathematics include; shortage of qualified Mathematics teachers, poor facilities, equipment and instructional materials for effective teaching.

A. The fear of math

Mathematics is one of the major subjects in the school education which is considered as the toughest subject in the existing subject. Many school going students scarred of the subject like scaring from an evil. Around the world, the fear of Mathematics is spreading and students think they will fail in the subject. Some students also thinks that Mathematics is the score running subject which can ruin the score and academic marks of students, but we believe if students have ethics to learn Mathematics then it can be the best or favorite subject, here we will discuss about some points which focus on. Many people have a deep-seated fear of mathematics, and math tutors see a lot of scared students. There is not a 'type' of student that has a problem with math; it could be anyone. Many people think of math as an extremely tough subject that they cannot master. This negative attitude stops them from focusing on the subject/problem which they are tackling. Just before tests or exams they start to get nervous as they are not prepared. Some even learn and understand math but during the time of the test fear clouds their minds and they are not able to perform well. This increases the speculation in their minds that math is too tough for them.

B. Steps to get rid of Math Phobia

Step 1: Do some breathing exercises daily before you start the day. This will help calm your mind. Step 2: Work Steps to get rid of Math Phobia:

Getting rid of one's math phobia may be tough but not impossible. All one needs to do is to take a step at a time.

Step 3: Work on your math skills daily and try to understand the subject.

Step 4: Apply your knowledge of math in daily life.

By this the level of math skills will increase and so will confidence. In no time, math will be a breeze for students. The important thing is that one must focus, remain calm and avoid getting frustrated. Taking the help of an adult may help too. All in all, math

©IJRASET: All Rights are Reserved

phobia is an emotional condition. It may be the result of several negative experiences in the past. It can be overcome by controlling anxiety, improving math skills and having a positive attitude.

C. Suggestion

Mathematics phobia can be reduced by some measure like:

1) Providing special training to the Mathematics teachers
2) . Appointing sufficient number of teachers in colleges having efficiency and compare
3) Comprehensive knowledge in Mathematics
4) Providing Mathematics laboratory and introducing practical classes in Mathematics. Mathematics can be popularized by establishing Mathematics club and holding discussion regarding the importance and application of Mathematics
5) Mathematics can also be popularized by Quiz competition, Mathematics Olympiad among the students.

D. Math games to try out with kids

All these actually feed the phobia about mathematics. Sometimes parents are the culprits. They might have this fear of math and they inadvertently pass it to their kids as well. What we believe is what we get, so we need to stop this math phobia in kids from the beginning itself.

1) *Love of math:* One of the best math phobia remedies is to teach your children to love mathematics. This might seem like impossible, but math has a connection to many games, puzzles and music which can help promote this mentality.
2) *It's not about speed:* A reason for math phobia in children is because they feel that they are too slow to solve problems while their peers do them in a matter of minutes. Math phobia remedies include removing this need for speed.
3) *Music can help:* There are many who claim that soothing background music in low volume helps them to solve the sums correctly. This may not be applicable to all, but it is worth a try as math phobia remedies.
4) *Many roads to the same stop:* Math phobia can also stem from the children while trying to do the sums the way it was shown in class. The trick to know math is that you can solve the same problem in many different ways to get the same result.
5) *Practical applications:* Children often question the need of studying any subject. Math has a lot of applications in daily life. Kids should be encouraged to apply math in daily life. For example, telling them to calculate the grocery bill helps in getting rid of math phobia.
6) *Fun with math:* One of the reasons that math has garnered so much dislike from the student. Community is because they feel that it is not a fun subject. Introducing kids to math games and puzzles are ways to overcome math phobia.
7) *A positive attitude:* Generate a positive attitude about math in your home. Trying too much to get rid of math phobia in kids may create a negative association with math. Instead, tell them to take their time learning math and that it is quite possible to do so.
8) *Let the teacher know:* An important thing to be noted while dealing with math phobia is to let the teacher know about your child's problem. Once the teacher is aware, he/she can also help your child to overcome this difficulty.

E. How to Overcome from Mathematics Fear

1) *Find Your Fear:* Students first find their fear in Mathematics, it means which topic is making them fall into the fear and why. Students should not looking towards the myths about Mathematics but they should first identify their fear in Mathematics that which topic are difficult to understand.
2) *Daily Practice*: After getting your fear, students should do daily practice on that topic in which they should give daily minimum 2-3 hours in which they have to do dept study and finding the solution of the questions.
3) *Learn from Your Mistakes:* Learning from the Mistakes is good thing, it means that if you are doing any mistake then you should note it and then try not to do it again in any cost, you should give time to solving your mistakes and you should learn from you Mistake so that it can be rectify
4) *Ask Your Doubts to the Mentors:* If you do not understand any topic then you should prefer consulting from your Mentor (Teachers) to make it clear. You should not hesitate by asking to your teacher. Always ask your doubts and try to understand what your mentor is teaching you carefully
5) *Prefer the Relevant Study Material:* There is various study material like Books, Internet and EBook Etc. around you, choosing the right one is essential because if you choose the irrelevant material then you have to fall in more confusion so prefer the

©IJRASET: All Rights are Reserved

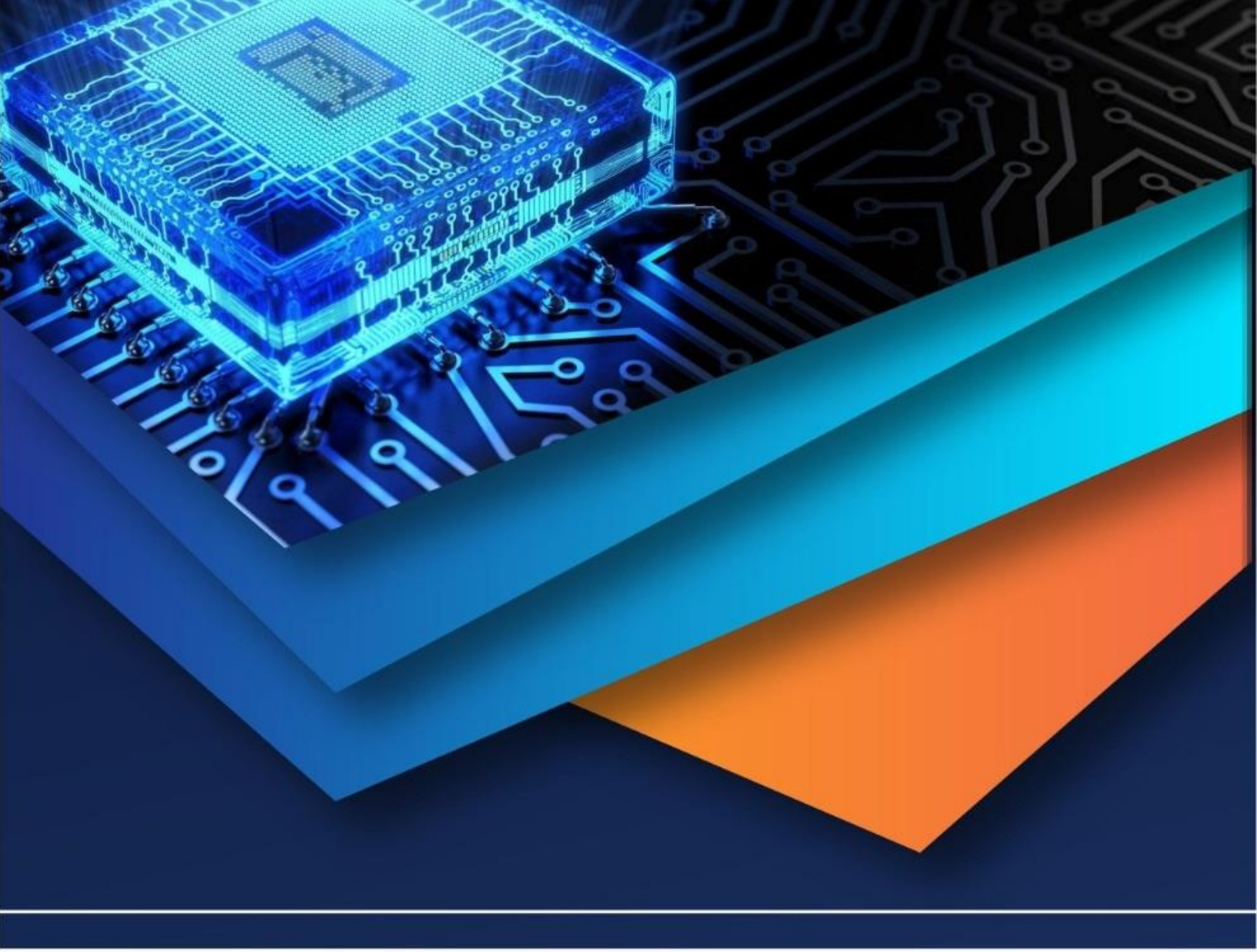
correct study material and clear your doubt

6) *Be Confidence About Yourself:* Students should be in Confidence and always have a single slogan that 'I Can Do It', students should have always confidence on them and Never Give Up.

REFERENCES

[1] Abimbade, A. (1995). Mathematics method 2. [Lecture notes] Centre for External Studies, Faculty of Education, University of Ibadan (TEE 333).
[2] Abimbade, A. (1999). Principles and practice of educational technology. Ibadan: International Publishing Ltd.
[3] Akinsola, M. K. (1994). Comparative effects of mastery learning and enhanced mastery learning strategies on students' achievement and self-concept in mathematics. Unpublished Ph.D. Thesis, University of Ibadan, Ibadan, Nigeria.
[4] Chinn, S. (2009). Mathematics anxiety of secondary students in England. Dyslexia: International Journal of Research and Practice, 68, 61–68
[5] Confederation of British Industry CBI (2006). Working on the three RS Employers' priorities for functional skills in Mathematics and English, Confederation of British industry.
[6] Ebeh, O. C. (2000). Strategies for increasing female enrollment in mathematics for technological development in the next millennium. Journal of Mathematical Association of Nigeria, 25(1), 84-91
[7] Edwards, R. & Knight, P. (1994). Effective early year's education: Teaching young children. Bucklingham: Open University Press.
[8] Fajemidagba, M., Salman, M. & Ayinla, J. (2012). Effect of teachers' instructional strategy pattern on senior school students' performance in mathematics word problem in Ondo, Nigeria. Journal of Education and Practice, 3(7), 159-168. Federal Republic of Nigeria, (2013). National policy on education. Abuja: NERDC.

©IJRASET: All Rights are Reserved



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)