

## THE CORRELATION BETWEEN MATHEMATICS ANXIETY AND ACHIEVEMENT

*by:*

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Anxiety is a common experience among students that can have significant negative impacts on their academic performance, particularly in the subject of mathematics. Numerous things might put pressure on learners, which results in tension and stress. Mathematics anxiety may be influenced by various factors such as gender, cultural and family background, and teaching methods. For example, it has been discovered that female students are more prone to mathematics anxiety than male students, and that particular cultural origins may make math anxiety worse due to cultural norms and beliefs.

In today's educational system, the pervasive problem of mathematics anxiety and its effect on achievement is becoming more and more alarming. Students' fear and anxiety during learning mathematics can negatively impact their understanding and application of the topic, which can lead to decreased comprehension, impaired problem-solving skills, and overall inferior performance. High mathematics anxiety students frequently do poorly on math examinations, show decreased enthusiasm and engagement, and are more likely to form unfavorable attitudes towards mathematics in general. To promote a pleasant learning environment that supports students' mathematical growth and accomplishment, it is essential to address and reduce mathematics anxiety.

To overcome the anxieties of the students, they require support and guidance from teachers and parents. Let us understand their background, feel their feelings and emotions, and enlighten them with positive discipline. Providing a positive learning environment, breaking down complex concepts into simpler parts, and utilizing real-life

examples are strategies that can help alleviate anxiety and enhance performance. It might happen if the teachers have a strong relationship and good communication with the parents.

Also, to address the issue, we should dismantle the barriers between anxiety and the study of mathematics. It is essential to focus on improving the psychological well-being of each student, ensuring they feel at ease and stress-free within the school environment. Creating a nurturing and child-friendly atmosphere is crucial. As educators, we must constantly bear in mind that each student is unique, requiring personalized strategies to accommodate diverse learning styles. By doing so, we can foster a genuine appreciation for mathematics among students, leading to improved performance in the subject.

#### *References:*

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