

## TRANSFORMING MATH DREAD INTO MATH DELIGHT: REIGNITING THE LOVE FOR NUMBERS

*by:*

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The belief that students detest math is a commonly expressed sentiment in classrooms worldwide. Learners often have an unfavorable opinion of mathematics, which is perceived to be among the least-liked subjects. However, it is essential to recognize that this negative attitude towards math has multifaceted reasons that can be resolved.

Fear of failure is a primary factor that contributes to math aversion. Many students are apprehensive about getting the wrong answer, which can be paralyzing. To reverse this trend, teachers and parents can create an environment that fosters learning and growth by viewing mistakes as opportunities. Low self-esteem in math can lead to a dislike of the subject, and students with less confidence in their math skills are more likely to avoid math-related tasks. Encouraging students and building their self-efficacy is essential to overcome this issue.

Conventional math teaching methods often involve repetitive drills and abstract concepts that can be tedious and uninteresting. However, introducing real-world applications and engaging, interactive lessons can make math more enjoyable. Many students also suffer from math anxiety, and overcoming this requires developing a growth mindset and building math resilience. Recognizing that math skills can be improved with practice and effort is fundamental.

Students may dislike math because it feels like a chore when focusing solely on achieving good grades. Shifting the focus from grades to understanding and appreciating

the subject can make a significant difference. Each student is different, and so are their learning preferences. Thus, educators and parents must recognize these differences and provide diverse learning opportunities tailored to individual preferences.

In conclusion, although the belief that "students hate math" is widespread, it is not an insurmountable problem. We can transform math dread into math delight by addressing the underlying causes of math aversion, developing a growth mindset, making math engaging and relevant, and providing sufficient support. Math is an essential and valuable skill in today's world, and every student has the potential to overcome their math aversion and appreciate the practicality and beauty of numbers.

*References:*