

REDUCING MATH ANXIETY USING EFFECTIVE TEACHING STRATEGIES

by:

RYAN P. MARQUEZ

Teacher II, t. Francis National High School

Have you ever imagined what it would feel like to solve math problems with ease, or to face a difficult equation without feeling overwhelmed? This is the dream that many students wish for each day during their math lessons. The feeling of anxiety towards Mathematics overpowered their interests on learning it. Math anxiety awareness as being defined by Uusimaki & Kidman (2004) is becoming self-aware of one's math's anxiety and the effect that it can have on the brain can assist in its reduction.

Furthermore, the development of fear towards learning the subject area was rooted to some crucial factors such as: negative classroom reinforcements, teachers' attitude on teaching Math, traditional teaching methodologies to teach Mathematics, self-doubt and lack of confidence on their Mathematical skills.

However, these factors can be reduced or eliminated with the proper use of various teaching strategies. Alkan (2013) states that it is imperative for effective educators to assess new teaching approaches that can enhance the learner's attitudes and their performance in mathematics leading to an improvement in their success. The research conducted by Alkan found that teachers employ strategies such as making math relevant through real life applications, motivating learners, use of games, seeking on parent support, and reviewing topics through examples as ways of reducing the student's anxiety in the subject. Also, it is vital for educators to maintain a positive and welcoming classroom setting where the students will be able to discuss concepts in math without the fear of failing.

In addition, teachers can also utilize these teaching strategies like Peer Tutoring, Feedbacking and One-on -One support. Moreover, these strategies can be strengthened with the students' motivation. Skinner (1985) states that "students" motivation to undertake a task depends on expected reward. He further explains that efficient learning will transpire when there is strong motivation from learners.

Reducing math anxiety requires a complex and comprehensive approach that addresses both the emotional and intellectual aspects of learning math. By creating a positive and supportive learning environment, using various teaching strategies, teachers can help students overcome their fear of math. With the appropriate strategies, students can enhance greater confidence in their mathematical abilities and embrace math with a more positive, strong mindset.

References:

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