

“HOW TO OVERCOME MATH PHOBIA”

Mathematics is the cradle of all creations, without which we cannot move an inch. Snails make shells, spiders design their webs and bees build hexagonal combs. There are countless examples in mathematical patterns in nature’s fabric.

Mathematics is a methodical application of matter. It is said so because the subject matter makes a man methodical and systematic. Mathematics makes our life orderly and prevents chaos. Certain qualities that are nurtured by Mathematics are power of reasoning, creativity, abstract or spatial thinking, critical thinking, problem solving abilities and even effective communication skills.

Some students whose comprehending skills are poor will not be able to cope up with the subject. Such students have fear or phobia of the subject.

Math phobia is an intense emotional feeling that some students have about their ability to understand Mathematics. Children who suffer from math phobia feel that they are incapable of doing activities and attending the classes that involve Math. Some students are very selective in choosing their major subject as Math or how little math is required in their Degree Course.

To overcome this phobia, one should completely eliminate the idea of false belief that to be good at math they should have a “math brain”. **We should build confidence, be optimistic and make Math fun using puzzles, riddles, sketches, models, pictures etc in our learning.**

Do not try to mug up the solutions; it’s going to be a complete disaster. So, reason out the procedure and ask why is something being done and how is it being done? Do not read math as it is not a novel, instead sit with the textbooks and make notes, try to solve each and every question.

Do not shy away from making mistakes. Through mistakes itself one can learn perfectly. Do not jump to the solution straight instead solve it step by step.

The most important thing is if proper guidance and training is given in formative period of a child’s life; with regular practise of 20-30 minutes daily and help from elders where ever needed, one can solve this problem..

‘The only way to do Mathematics is to practise Mathematics.’

I personally believe that **teachers should help the students to overcome the Math phobia; to build confidence among them and to strengthen students’ basic skills. The attitude of the teachers should be encouraging and motivating; children should love to do Math. We should provide opportunities to the children to practise Mental Maths and Basic Maths regularly, involving Games and warm-up activities as a part of their learning methodology.**



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