

Math Anxiety

What can teachers do to help their students overcome the feeling?

Abstract

In this action research study of my classroom of 7th and 8th grade mathematics, I investigated how math anxiety relates to the student work and behavior in the classroom, and how this can affect the student's overall relationship to mathematics. I discovered that the harder the work, the more math anxiety was displayed. The harder I pushed students to think more deeply, the fewer responses to my questions I received. I noticed difference in the students' body language and overall behavior. As a result of this research, I plan to help my students try to overcome the feeling of math anxiety and try to teach them different methods to use when they are feeling anxious. The methods that I plan to use hopefully will help the students when they are feeling anxiety and help the students to understand the math being taught and how to apply the math they learn to everyday life.