

# Math Phobia in Children: Causes, Effects and Remedial Measures

**Md Imdadul Islam**

Primary Teachers Training College

## Abstract

To overcome the fear of mathematics, you must first understand that fear usually comes from the unknown or not-understood. Sometimes the next numbers seem difficult if some of the basics of the previous class (such as numeracy, fractions, percentages, simple equations) are not clear. So it's very important to get the basics right. Do simple exercises for 20-30 minutes a day. Gradually increase the level, without doing too many difficult calculations at once. Secondly, make mistakes. Making mistakes is part of learning. You won't be able to find where you went wrong next time. You can keep a separate booklet, where you will note down the correct method by writing down the mistakes you have made.

**Keywords:** Math Phobia, Math Anxiety, Children, Primary Education, Confidence, Learning

## I. INTRODUCTION

Mathematics is an important subject that develops logical thinking and problem-solving skills in children. This will increase your confidence. develop the habit of understanding. Don't just memorize the formula, try to understand why the formula is working. Write a step-by-step solution with an example. Seek help from a teacher, friend, or online video if needed. Don't be ashamed to ask questions if you don't understand. Fourth, learn time management in addition to regular exercise. Take mock tests at regular intervals to reduce the fear of testing. This will increase both speed and accuracy. Finally, a positive attitude is essential. Say to yourself, "I am learning," not "I can't." Focus on small successes. With consistent practice and patience, math will no longer be a matter of fear - it will be a matter of reason and joy.

## II. CONCEPT OF MATH PHOBIA IN CHILDREN

Math phobia refers to an intense fear or nervousness experienced by children while learning or solving mathematical problems. It is not related to intelligence but mainly linked with emotional experiences, teaching methods, and learning environment. Children with math phobia often avoid math tasks, feel stressed during exams, and believe that mathematics is too difficult for them.

## III. CAUSES OF MATH PHOBIA IN CHILDREN

1. Start with the basics. Sometimes the fear is because some of the topics in the previous class were not properly understood. Numbers, fractions, percentages - whisk them well. Big numbers will be easier if the basics are clear.
2. Exercise every day. Try to do 5-10 times a day. Exercising regularly will boost your confidence.
3. Don't be afraid of making mistakes It's normal to make mistakes Learning from mistakes

4. Go from easy to hard do simple math first Then slowly go to a more difficult number.
5. Understand, not memorize Try to understand why the formula is not just memorized  
If you remember the number

#### IV. PSYCHOLOGICAL EFFECTS OF MATH PHOBIA

Math phobia affects children's mental and emotional development. It reduces self-confidence, creates stress, and lowers motivation to participate in classroom activities. Children with math anxiety often feel nervous during tests, avoid answering questions, and develop a negative attitude toward learning. Over time, this fear may lead to poor academic performance and low self-esteem.

1. Take your time. It's wrong to rush Slow down to get rid of fear
2. Ask for help. Can be understood by teachers, friends or by watching a simple class on YouTube  
Don't be ashamed to ask A little bit of mental strategy Say to yourself: "I can, it just takes time. "

#### V. ROLE OF TEACHER IN REDUCING MATH PHOBIA

Teachers play a crucial role in reducing math phobia among children. A friendly, supportive, and encouraging classroom environment helps children feel safe and confident. Teachers should use simple language, real-life examples, teaching aids, and activity-based learning methods. Step-by-step explanation, positive feedback, and patience can gradually reduce fear and build interest in mathematics.

#### VI. STRATEGIES TO OVERCOME MATH PHOBIA

Effective strategies include strengthening basic concepts, daily practice for a short duration, and gradual progression from easy to difficult problems. Learning through games, puzzles, and activities makes mathematics enjoyable. Children should be encouraged to understand formulas instead of memorizing them. Maintaining a mistake notebook, taking regular mock tests, and using visual and digital learning tools can also help reduce math fear.

#### VII. ROLE OF PARENTS AND SCHOOL

Parents and schools should work together to reduce math phobia in children. Parents should avoid putting excessive pressure and should appreciate small achievements. Schools should provide a joyful and child-centered learning environment with adequate teaching-learning materials. Emotional support, encouragement, and regular guidance from both teachers and parents are essential to build confidence in mathematics.

#### VIII. CONCLUSION

Math phobia in children is not a permanent problem; it can be reduced through proper guidance, practice, and positive learning experiences. With strong foundational understanding, supportive teaching methods, and a positive mindset, children can overcome their fear of mathematics. When fear is replaced with confidence and enjoyment, mathematics becomes an interesting and meaningful subject rather than a source of anxiety.

#### REFERENCES:

1. NCERT (2005). *National Curriculum Framework 2005*. New Delhi: NCERT.
2. Ashcraft, M. H. (2002). Math Anxiety: Personal, Educational, and Cognitive Consequences. *Current*

*Directions in Psychological Science*, 11(5), 181–185.

3. Piaget, J. (1972). *The Psychology of the Child*. New York: Basic Books.
4. Vygotsky, L. S. (1978). *Mind in Society: The Development of Higher Psychological Processes*. Harvard University Press.
5. Tobias, S. (1993). *Overcoming Math Anxiety*. New York: W. W. Norton & Company.