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Luo, Yu-hua

Cause and countermeasures for pupils' math anxiety.

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Summary: Math anxiety has negative impacts on pupils' math study such as strain, uneasiness, fear and so on, and imperils their physical health. We have pointed out the two general factors in causing pupils' math anxiety: the cognition experience factor and the emotion experience factor. We must rely on the good family atmosphere, healthy and progressive collective classes, to help students to conduct an objective self-evaluation, and other measures to relieve their math anxiety, promoting their physical and psychological health.

Classification: C20

Keywords: mathematics anxiety; self concept; affective variables; student attitudes; motivation; emotional development; educational psychology