Building a Positive Attitude towards Mathematics: Its Impact on Reducing Student Phobia

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**Abstract.** Mathematics phobia is a psychological disease in the form of excessive anxiety about things related to mathematics due to the inability of students to understand the mathematics lessons taught by their teachers. A positive attitude towards mathematics, for example, thinking that anyone can learn mathematics, will be able to reduce students' phobias. This literature review article discusses ways to build students' positive attitudes towards mathematics to reduce their phobia. Our study concluded that to create a positive attitude in students, mathematics teachers must first develop a positive attitude toward mathematics. Teachers with a positive attitude towards mathematics lessons will be able to create a fun, enthusiastic class atmosphere that all students can follow. Students will learn mathematics more comfortably in such a class to reduce their phobia.

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