

Manual FOR

$$\begin{array}{l} x=y \quad 10 \quad \frac{2}{25} \\ x^2 \quad \frac{3}{7} \quad \sqrt{12} \\ 5 \times 5 = ? \end{array}$$



Mathematics

Anxiety

Scale

MAS - SVS

Prof. Vishal Sood

Head and Dean
School of Education
Central University of Himachal Pradesh
DHARAMSHALA (HP)

Shagun

Ph. D. (Education) Scholar
School of Education
Central University of Himachal Pradesh
DHARAMSHALA (HP)

NATIONAL PSYCHOLOGICAL CORPORATION, AGRA

Manual

for

**MATHEMATICS ANXIETY
SCALE**

MAS-SVS

Prof. Vishal Sood

Head and Dean

School of Education

Central University of Himachal Pradesh

Dharamshala (HP)

Shagun

PhD (Education) Scholar

School of Education


Central University of Himachal Pradesh

Dharamshala (HP)

ISBN : 978-93-91723-70-5

Estd. 1971

www.npcindia.com

 (0562) 2601080

NATIONAL PSYCHOLOGICAL CORPORATION

UG-1, Nirmal Heights, Near Mental Hospital, Agra-282 007

INTRODUCTION

Anxiety is an uncomfortable feeling of nervousness or worry about something that is happening or might happen in future. People face various types of anxieties in their whole lifetime. Anxiety, also called angst, is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioural components. Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. Also, it is a future-oriented mood state in which one is ready or prepared to attempt to cope with upcoming negative events.

Mathematics anxiety is defined as a feeling of tension and apprehension that interferes with maths performance ability, the manipulation of numbers and the solving of mathematical problems in a wide variety of ordinary life and academic situations. According to Olango, maths anxiety consists of an affective, behavioural and cognitive response to situations involving mathematics. Maths anxiety may occur in all levels of education from primary school to university education. According to the American Psychological Association, Mathematical anxiety is often linked to testing anxiety. This anxiety can cause distress and likely causes a dislike and avoidance of all math-related tasks. Ashcraft (2002) suggests that highly anxious math students will avoid situations in which they have to perform mathematical tasks. Unfortunately, math avoidance results in less competency, exposure, and math practice, leaving students more anxious and mathematically unprepared to achieve.

There are various signs and symptoms which lead towards anxiety, but some of the common characteristics of anxiety are feeling nervous, tense, worried, having a sense of upcoming danger, panic, having an increased heart rate, sweating, trembling, trouble concentrating, feeling weak and tired, trouble in sleeping, difficulty in controlling the worry situation, shortness of breath, numbness, cold or sweaty

75
Azadi Ka
Amrit Mahotsav



T.M. Regd. No. 564838
Copyright Regd. No. A-73256/2005 Dt. 13.5.05

NATIONAL PSYCHOLOGICAL CORPORATION

UG-1, Nirmal Heights, Near Mental Hospital & Halwai Ki Bagichi, Agra-282007

• Email : npc_agra@yahoo.com

• website : www.npcindia.com

☎ 0562-2601080

(An ISO 9001 : 2015 Certified Company)

**Mathematics Anxiety
Scale**

Prof. Vishal Sood
Shagun

ISBN : 93-91723-70-5





Prof. Vishal Sood (Dharamshala)
Ms. Shagun (Dharamshala)

Consumable Booklet

of
MAS-SVS

(English Version)

Please fill in the following :

Date

Name (Optional) _____ Roll No. _____

Class _____ Gender : Boy Girl

Area : Rural Urban

Family Type : Nuclear Joint

Name of the School : _____

INSTRUCTIONS

The present scale contains 32 statements which show your interest and/or anxiety, fear towards the subject of Mathematics. Read each statement carefully and put a tick mark against each statement on any one of five given options/alternatives (*i.e.* Strongly Agree, Agree, Undecided, Disagree, Strongly Disagree) that reflects your most appropriate opinion/ thought about Mathematics and its teaching and learning. There is no right or wrong answer to the statement. This is only your opinion. Your responses will be kept confidential.

Now start your work and respond to all statements. There is no time limit to mark your responses.

SCORING TABLE

Page	Raw Score			Level of Mathematics Anxiety
	2	3	4	
Score				
Total				

Scorer.....

Estd. 1971

www.npcindia.com

(0562) 2601080

NATIONAL PSYCHOLOGICAL CORPORATION

UG-1, Nirmal Heights, Near Mental Hospital, Agra-282 007