

## The Profile of Student Anxiety towards Mathematics

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### ABSTRACT

The type of this research is descriptive. The main objective of this research was to describe the level of anxiety of the junior high school students (SMP and MTs) towards mathematics and to identify what symptoms most appeared in students.

The study was conducted in 10 SMP/MTsN in Kulon Progo, representing 66 SMP/ MTsN in Kulon Progo Regency. The time of the study was in August 2018. The research subjects were 943 junior high school students of class VII, VIII, and IX from 8 SMP and 2 MTs in Kulon Progo Regency, DIY. Data was collected through instruments in the form of a Likert model psychology scale, with 5 alternative answers, namely always, often, sometimes, rarely, and never. The instrument consists of 34 statements. The instrument was developed by the research team through a series of FGDs, then validated by experts, and tested to obtain valid and reliable instruments.

The results of the study concluded that: (1) The level of students' anxiety towards mathematics (math-anxiety) was in the low category; (2) The percentages of students who have very low, low, medium, high, and very high anxiety levels are 4%, 50%, 41%, 5%, and 0% respectively; (3) The levels of anxiety of students towards mathematics are almost the same for class VII, VIII, and IX, for both SMP and MTs students, which are in the low category, except for class VIII SMP who are in the medium category; (4) Psychological symptoms appear more often than physiological symptoms; and (5) The five statements that are most often answered with "often" or "always" are: (a) I am relieved if the mathematics class is empty; (b) I am relieved if the math class ends; (c) I am upset if I have to learn mathematical material without being explained first; (d) I am upset if my teacher give a lot of math homework; and (e) I am upset if my teacher suddenly give a math quiz. To reduce students' anxiety towards mathematics it is recommended for mathematics teacher to use a humanist approach to learning.

Kata Kunci: *profile, math-anxiety, students*