

## PROBLEMS AND COUNTERMEASURES OF HIGH SCHOOL STUDENTS' MATHEMATICS LEARNING ANXIETY

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### ABSTRACT

The negative emotions of high school students in the process of learning mathematics are one of the reasons for the psychological problems of high school students. Too low or too high mathematics anxiety is not conducive to students' good mathematics learning and mental health development. This article aims at high school students' mathematics learning anxiety, analyzes the causes of anxiety, and puts forward some educational countermeasures for high school students' mathematics learning anxiety from the perspective of teachers. In order to reduce the level of anxiety of students in mathematics learning, cultivate students' enthusiasm for learning, improve students' mentality in mathematics learning and regain their confidence.

**Keywords:** High school students, mathematics, learning anxiety, countermeasures.