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Enhancing Learning through Stress-Free Education for Mathematics

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Education plays important role in development of every individual, society & indirectly the Nation. Teaching-learning process is vital part of Education system. The main goal of education is to develop inherent capabilities, offer appropriate conceptual background in the form of means and surrounding as critical, positive and analytical thinking and to motivate every one to learn. The creation of suitable learning environment is necessary in regular teaching-learning process.

The word enhance learning is composed of two words. Enhance means improvement in value or quality. Learning is the process of gaining knowledge or skill. Hence, the enhancing learning can be defined as the improvement in quality of the process of gaining knowledge or skill.

The present paper will discuss about the techniques to enhance students learning in stress free situation in subject mathematics.

Enhancing learning through stress-free education for Mathematics

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Education plays important role in development of every individual, society & indirectly the Nation. In the education system teaching-learning process plays the most important role. The main goal of education is to develop inherent capabilities, offer appropriate conceptual background in the form of means and surrounding as critical, positive and analytical thinking and to motivate every one to learn. The readiness for learning can effect the achievement of student. So, the creation of suitable learning environment is necessary in regular teaching-learning process.

The teaching-learning process is measured in terms of learning outcome, then education system emphasis on learning process. The learning process is become effective when the learner is stress free and performing certain activity; there are some interesting things which are helpful to gaining the new knowledge. Hence, the emphasis on teacher centered system is shifted towards the student centered system. Constructivist ideals have in today's educational practices, as real-world Constructivist learning situations are more motivating to students through practical application of knowledge.

The word enhance learning is composed of two words. Enhance means to improvement in value or quality, up gradation to make more attractive thing. Learning is the process of gaining knowledge or skill. Hence, enhancing learning means the improvement in quality of learning or changing the value of the gaining knowledge or skill. The enhancing learning can be defined as the improvement in quality of the process of gaining knowledge or skill.

Now a day, because of various dimensions of education system the children grow with the stress and strain. So, our government declares the no examination up-to eight

standards. It is one way to minimize the stress on children. But really, as a teacher we feel that it is good for our future?

The answer may be no. The parents, teachers don't give chance to play with clay, run behind butterfly, mix up with nature. And parent agrees that may child learn and get success in each and every field from the beginning of school life? Day by day our expectations increased and student grows with stress and strain. Then the question arises how can we minimize the stress on students and how can we enhance learning?

The learning can be enhancing through various teaching-learning methods which is beneficial to students learning. Here we discuss some teaching methods of stress free education for enhancing learning of students in mathematics.

Teaching methods of stress free education for enhancing learning

Teaching Method	Topic
Role playing	Profit and loss
Experiment	Calculation of area, volume
Cooperative learning	Construction of geometrical diagrams
Jigsaw method	Types of Quadrilaterals
concept attainment	Types of Triangle
Homework method	Bank Transaction, Post Transaction,
Supervised study	Geometry theorem
Chain learning	Fundamental operations of mathematics

Teaching strategies of stress free education for enhancing learning

1. Five 'E' Strategy = Engage + Explore + Explain + Elaborate + Evaluate
2. Collaborative Learning Strategy = Co-operative + Brain storming+ Discussion
3. Problem Solving Strategy = Synthesis + Analysis + Prediction + Discussion
4. Mastery Learning Strategy = Brain Storming + Reflective Thinking
+ Drill & practice
5. Team Learning Strategy = Inquiry based field experience + Discussion
+ Brain storming

6. Co-operative Learning Technique = Group investigation + Student team
Achievement division + Jigsaw

Teaching strategies for enhancing learning for teachers

1. Give instructions in multiple formats
2. Teach Students to use visual images and other memory strategies
3. Provide handouts prior to class lecture
5. Teach students to be active readers
6. Write down steps in math problems
7. Provide retrieval practice for students
8. Develop the scientific attitude; try to promote curious nature of students
9. Prime the Memory Prior to Teaching/Learning
10. Review Material before Going to Sleep.

Once the joy of learning is understood by the students, they themselves try to improve their learning and do the necessary work. The learning can be enhancing through the use of techniques, learning strategies and also the learning styles.

The techniques for enhancing learning of students

1. Memory improvement basics
2. Keep learning (and practicing) new things
3. Learn in multiple ways
4. Teach what you have learned to another person
5. Utilize previous learning to promote new leaning
6. Gain practical experience
7. Look up Answers Rather Than Struggle to Remember
8. Understand How You Learn Best
9. Use Testing to Boost Learning
10. Stop Multitasking

Conclusion

It is accepted that, all teacher agreed that school pupil posses fear of mathematic subject. All teachers have the positive view towards enhancing learning through stress free education. The enjoyment is given by not only the innovative method but also traditional methods. Some of traditional methods useful for enchaining learning through stress free education are drill and practice, synthetic and analytic, inductive deductive method. Some innovative methods for enchaining learning through stress free education are cooperative learning, use of computer games, use of puzzles, role playing, simulation, experience method, application method, etc. If the learning becomes enjoyable then every student learns in his/her own style of learning. But as a teacher it is our duty to enhance the students learning.