



THE EFFECTS OF MASTICATION ON MATH ANXIETY

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Bahria University, Karachi Campus

In Partial Fulfillment
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Degree Bachelor of Science
(BS) Psychology

By
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Abstract

The aim of this study was to create awareness about the stimulating and anxiety mitigating effects of mastication. It was hypothesized that chewing gum could enhance performance while waning feelings of anxiety associated with mathematics.

The study was conducted in a single blind manner on students studying Mathematics-I as an elective course at Bahria University. Students participated unaware of the experiment, thinking they were taking a graded math quiz. Participants were screened with the help of a math anxiety test. This study followed with-in group design as the same batch of students gave the baseline test without mastication. After a weeklong interval, the same group took a re-test while masticating. Results show an average improvement in number of attempted questions by significantly 2% and a fall in obtained marks by 0.5%. Further calculation on SPSS shows that the mean difference was not significant with α equal to .05.

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