

# **Exploring Lavender Aromatherapy in Reducing Math Anxiety to Improve Test Scores in Solving Math Problems**

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## **Abstract**

This study determined the effect of aromatherapy using lavender oil in reducing math anxiety before and during math problem solving activity among Grade 11 students. The experimental group was confined in an air-conditioned room with three pieces of aroma humidifier to centralize the effect of lavender oil placed in strategic airflow ends. The experimental group was exposed in an hour inside the classroom during their math problem solving activity. The control group was given the same math problems simultaneously without lavender aromatherapy in a separate ventilated room. The 30 item Math Anxiety Scale was pilot tested among 178 students with a Cronbach's Alpha of 0.89. The mean on the level of math anxiety of the experimental group before the treatment is relatively higher (MD=3.92174) than the level of their math anxiety after the treatment (MD=2.565). The result revealed that lavender aromatherapy has a significant effect ( $p<.001$ ) in reducing math anxiety. It may also help the students to perform better in other related subjects causing them anxiety.

**Key words:** *logico-mathematical intelligence*