



Life without Competition

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Imagine a life without competition, there will be no reason for people to strive to try harder or be better because they are not up against anyone, many children will not know what it is like to be under pressure and lots of people will not know what it's like to feel proud of big and small victories since they will never matter. Competition is what makes life enjoyable and is all around us. It's not something that should be avoided but embraced. A competition is important for people of all ages because it comes in various forms and sizes, challenges you to push yourself to the limits and includes high and low amounts of pressure.

First, there are many forms and sizes of competition in the world but, the main competitions that arise amongst people clarify as big and small competitions. A small competition, described as humorous or senseless, normally happens between friends and family. They can be as ridiculous as who can eat the most sausages at a family barbecue or who can burp the loudest in class. A big competition, described as significant competition, happens between people when they compete in front of a large audience of spectators. One does this for either a large reward or a title. For example the Olympics, America's Got Talent and Canadian Idol are significant competitions. These are the 2 forms of competition which occur frequently between people.

In addition, competitions challenge one to push themselves to the limits. Many people admire the thrill of receiving an award or just the feel of winning. This makes one push harder to achieve those goals. Nevertheless, this also makes them get better since they learn from their mistakes and know exactly what not to do the next time, if they lose. When everyone is watching the competitors, the competitors feel the need to make them proud and put on a show worth watching. Notably, when I was in a math competition and felt the need to get everything right since my parents would be looking over my grades later. On the other hand nobody really enjoys the feeling of being beaten in something, no matter what it is. For instance, when I compete in anything, I want to make my family or team proud so I try my hardest when in that event. This is why competition allows one to go above and beyond.

Lastly, one thing all competitions have is high and low forms of pressure. You feel pressure when you are starting the competition and throughout the whole thing but what people do not understand is that pressure is an essential part of the competition. It makes you try harder to win and succeed. Although, too much pressure can be a bad thing since it may cause one to feel as scared as a frightened animal. They may also feel weighed down. Consider this, when I was on my school basketball team I felt tons of pressure weighing me down. Whenever I shot the ball I felt that if I missed then I would let the entire team down. That feeling of doubt made me hesitate whenever I took a shot and sometimes caused me to rush. There are different ways to deal with high pressure. For instance, you can take deep breaths or tell yourself that it doesn't matter if you win or lose, the important thing is that you tried. This is the reason all competitions must include just the right amount of pressure.

After considering all of the above, it is plain to see that competition is beneficial among people of all ages as it comes in variety, encourages one to challenge themselves, and incorporates high and low pressure. Competition should be a necessity in the lives of people of a variety of ages. What would have happened if the world discouraged competition? Would children never feel the glory of winning?