

-01-26

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English Essay
Final test

"The Dual Nature of
Competition: Catalyst for
Growth or Source of Stress?"

Outline

1. Introduction

- (i) Attention grabber
- (ii) General sentences
- (iii) Thesis statement;

Although competition promotes inclusivity in a community by being a catalyst for growth but in the meantime it incorporates stress, anxiety, depression, alchiphobia and peer pressure.

2. Inclusivity of competition; a double edged sword;

- (i) Offers ground for growth and new potential.
- (ii) Drives anxiety among individuals.
- (iii) More the competition, more the stress.

3. Counter argument: competition a catalyst for growth;

- (i) Psychological push to expand mentally defined limits;
 - (a) Exploring the hidden potential
 - (b) Adrenaline rush in the brain
 - (c) Even sky is not the limit
- (ii) Accelerates the activity level of individuals;
 - (a) More competition means more activity.
 - (b) Competition builds an environment to struggle for success.
 - (c) A competitive environment promises growth and development.

4. Arguments: competition a source of stress:

(i) Incorporates atychiphobia among individuals;

(a) Promotes atychiphobia (fear of failure) among individuals.

(b) Competition widens the scope of failure.

(c) Atychiphobia results in suicides especially among youth.

(ii) Inculcates depression and suicidal thoughts among youth;

(a) Youth is the significant contributor to competition.

(b) Competitive environment stresses out youth.

(c) Depression and suicidal rates are highest among youth - WB.

(iii) Exerts societal and peer pressure on students;

(a) Competition pressurizes the students.

(b) Society and peers exert mental pressure on students.

(c) Neet, MDCAT, UPSC, CSS aspirants are more stressed due to tough competition.

(iv) Drives anxiety, fear and panic attacks among individuals

(a) Competitive environment incorporates anxiety among individuals.

(b) Extreme anxiety drives panic attacks.

(c) Common in corporate workers and youth.

(v) Promotes the fear of not doing enough;

(a) Stressing out the body and brain

(b) Fear of not doing enough like competitive colleagues.

(c) Doing exhausting working hours out of fear.

5. Conclusion

THE ESSAY

میری دعا ہے کہ تیری آرزو پوری
میری دعا ہے کہ تیری آرزو بدل جائے

"It is your prayer that your desire be fulfilled. My prayer is that your desire be changed - Allama Iqbal"

The above given poetic verse by Dr. Allama Iqbal portrays the absolute dichotomy of desires and the competition due to these desires. Although competition often provide ground for inclusivity and invites new potential but in the meantime it exerts pressure on individuals as well. A competitive environment gives a psychological push to individuals that enables them to explore their hidden talent and maximize their activity level. However in a stark contrast

to competition being a catalyst for growth, it is actually a source of stress. In reality, competition silently inculcates atychiphobia among individuals making them fearful of failures. Extremely competitive environment make people to doubt their potential and talent. It mounts extreme domestic, social and peer pressure on individuals as if life stops after failure. These extremely stressful conditions due to competition push people towards suicidal thought, self-harm and depression. This is indeed the dual nature of competition as it act as a catalyst for growth as well as a source of stress.

The respective essay elucidate the arguments over competition as a source of stress and counter arguments over competition as a catalyst for growth. The essay begins with the inclusive ^{nature} of competition and how it act as a double-edged sword.

Competition is like a double edged sword as growth and stress are its two extremes. It is the inclusive nature of competition that it invites everyone to participate but its dichotomy makes the whole process stressful. Indeed it offers ground for growth and development but it incorporates stress correspondingly. This oscillation of competitive environment between growth and stress makes it a double-edged sword for individuals to walk on. More the competition, more is the stress. Thus competition requires extreme persistence and resilience that open the gate to growth rather than pushing towards stress.

It is the psychology of human mind that it acts more effectively in competitive environments. Scientists believe that the efficiency of human brain increased upto 5-6% when it is exposed to competition. A competitive

environment gives psychological push to human mind, thus increasing its efficiency. When an individual steps out of his or her comfort it generates adrenaline in the body and thus adrenaline rush enhances the work efficiency. Resultantly, an individual is able to do lot of work in a short span of time. This enable the individuals to define and conquer new limits. Thus, a competition act as a catalyst for growth.

Moreover, competition accelerates the activity levels of humans making them physically or mentally more active. A competitive environment push the individuals to work beyond their limits making them perfect in their domain. Indeed, it is the merit of competition that it automatically push individuals to work more effectively and

efficiently. Whether it is a business firm, a law firm, college faculty, corporate sector or student community, a competitive environment enable individuals to strive for excellence. This competition among colleagues improves individual and collective work quality. A positive competition leads the way to success, prosperity, development thus being a catalyst for growth.

Moving on forward, the upcoming essay argues on how competition act as a source of stress and how society has successfully carved competition into a driving tool of stress and depression.

Competition is indeed the foremost source of stress as it incorporates atychiphobia among individuals. Atychiphobia is the fear of failure and competition is one of the significant

reason that world is witnessing a rise in the cases of atychiphobia. Atychiphobia is basically a neurological condition in which the highly competitive, extra-ordinary, talented and successful individuals begin to fear failure because they have never tasted it. As competition and competitive environment holds the broader scope of failure due to many competent candidates, individuals automatically develops atychiphobia that act as a silent killer for them. Here what matters the most is the quote of Sir Winston Churchill that states as, Success is not final, failure is not fatal, it is the courage that counts. True that! It is indeed the courage to stand against all odds in a competition. Otherwise, atychiphobia awaits to trap the individuals in the vicious loop of fear. Thus, competition is a source of stress and atychiphobia.

Another devastating factor of competition is that it inculcates depression and suicidal thoughts among youth. Competition among youth is most common and evident. Youth contributes in corporate sectors, civil services, technocrats, in law firms, in army, and in many other domains of our society. This diversification of talented youth increases the stakes of competition among them. This in return exhausts the youth making them overburdened with work loads and extra hours to maintain the competition in community. These extremely competitive environment through out the year develop depression and suicidal thoughts among them. That is why as one of the report by world bank, suicide rates and depression are most common in youth. The day to day competition and a never ending

struggle for being perfect in every domain is draining out the youth making them extremely stressed and depressed. This is how competition act as a source of stress for youth.

Another miserable side of competition is that it exerts extreme societal and peer pressure especially on students. Students, these days are the major affectees of competition.

Exams like NEET and MDCAT where passing percentage is 0.82% and UPSC, CSS where passing percentage is 2.39% makes the environment extremely competitive for the aspirants across the country. One of the toughest exams of the world, the Gaoko exam of China makes the competition extremely tough and stressful for students. Because of extreme pressure by parents, society and peers as well students continue to study all night long, in metroes and even during their

lunch break. Bollywood films like 12th fail and UPSC series portrayed this extreme pressure on aspirants. Every year lacs of candidates appear in exams but a few could make it leaving the rest disheartened in a catch 22 situation. Henceforth, competition is a source of stress for students.

In addition to this, competition drives anxiety, fear and panic attacks among the individuals. This is the most marginalized and least talked issue regarding competition. Competition is often glamourized as inclusivity and a development tool while on ground realities it develops anxiety and panic attacks among individuals.

Competitive firms where individuals are overloaded with work and pressure, their nervous system collapses at some time leading to panic attacks. This anxiety often occurs before some important meeting or presentation due to

competitive environment and a panic attack occurs after failure. In either of the situation, the nervous system of the body disrupts the normal functioning causing shortness of breath, high pulse rate or shivering. All these issues are deeply rooted in competitive environment, that make the nervous system anxious. Thus, competition is a source of stress as it drives anxiety and depression among individuals.

In a nutshell, competitive environment is a source of stress rather than being a catalyst for growth. It is a double-edged sword that is extremely difficult to pertain in daily life. Undoubtedly, it promotes inclusivity and growth in a community but still it shorts fall due to stress. The stress it inculcates among individuals has far more miserable consequences than acting as a tool of growth and

development. Beyond the swords and battle-fields, there persist some unseen battles that require no sword but resilience, persistence and courage.

Among the billion of population, a few dare to stand tall against their fears, stress, depression, anxiety, burden of expectations and all odds. This unwavering and over-whelming journey of competition build them stronger than ever. Because these few individuals, who bite the bullet believe that,

ع منزل علی گئی بھٹک کر ہی سہی
گمراہ تو وہ ہیں جو گھر سے نکلے ہی نہیں

You will reach your destination even after wandering
Those truly lost are the ones who never step out of
their homes.