

COMPETITIVENESS IS ALRIGHT

by:

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Striving to do better has been human nature which is why in almost everything we do, competition will surely exist. Wherever we are in, there will be people who will view everyone as their competition – especially when it comes to one’s workplace. It has been innate to workers to work hard for promotions and salary increases. Competition is normal and a part of everyday life but making it a healthy one depends on us.

Competition can be a driving force for improvement and creativity but if it gets out of hand, attrition and conflict rise, while morale and productivity fall. Competition in the workplace, when done right, can be a great source of incentive for employees. Healthy workplace competition is defined as natural competition that motivates people to achieve their goals. The task at hand is to tap into all of each employee’s intellect and creativity. It is aimed at advancing the entire field or organization and focuses at least in part on the larger goal of benefiting an entire organization, industry, or discipline. It motivates us to improve and not become complacent. As a result, we are more likely to innovate and be creative.

We are all different, but we all have the same goal. We all want to be successful and learn new things. Healthy competition will not only offer you success, but it will also help you improve and learn. Competitions are the speed breakers that force you to evaluate how much you’ve learned. Those who know how to deal with these speed bumps will never be harmed and will always prosper. Competitiveness should be maintained in a healthy manner. It’s difficult not to be drawn into a competitive mindset when it’s all around you, but if you don’t take the time to focus on how it’s impacting you,

you could wind up feeling rather agitated. Competitiveness becomes an issue when it begins to dominate your thoughts, makes you unhappy, or causes you to disregard other vital things, such as friendship. It can also lead to issues like isolation and burnout. It can also fuel perfectionism, which can lead to dissatisfaction.

We can't, and shouldn't, shun all competition. Finding balance will be the key to staying well and healthy in this competitive environment. To compete in some things and have pleasure in others. Saying "no" to competing in activities that put you under too much stress. One thing to keep in mind when competing is that you don't want to fall into the trap of having a scarcity mindset, in which you believe that in order for you to win or obtain what you want, someone else must lose or miss out. Instead, you should cultivate an abundance mindset, in which not only do you succeed, but others do as well.

In life, healthy rivalry is unavoidable. We're always fighting with those around us, ourselves, and our surroundings – and we're often not even aware of it. While competition can be a powerful motivator for some, it can also be harmful if used incorrectly. So, while pursuing the best version of yourself, it is better to put in mind that rivalry should be enjoyable, not draining!

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