HEALTHY ATTITUDE TOWARDS COMPETITION

by:
Mary Rose M. Salenga
Teacher III, Mobile ALS Teacher – Orani District

Students must develop a healthy attitude towards competition in order to have positive thinking about it. It starts in the school for the teachers do things to make competition a better concept for the learners.

Have an ideal mind-set on competition. The teacher explains that a certain goal is to be attained and that focus and determination are expected to be applied. Moreover, believe that you are given the opportunity to compete because you have the ability.

How to perform in the contest is better to think than mere winning. A healthy attitude to competition is not competing against anybody but instead you are doing your best performance for a great cause.

Having the right attitude and behavior are needed in developing a healthy attitude towards competition. Though you are in a competition do not think that the others are your enemies. It is just like a friendly competition. Develop sportsmanship and humility.
Whenever you are in a competition always have positive thinking. Think that you can do your best and that your performance would be satisfying. Positive thinking produces positive result at the end.

Having confidence is also instrumental in developing a healthy attitude towards competition. It is a confidence that doesn’t boast but self-esteem that you can make things possible because you are motivated.

Avoid negative thoughts when you engage in a competition. Whether in-campus or off-campus contests, you need to be gentle in your words and never utter any hurting word because it is neither good nor healthy.

The students must be taught to enjoy the process. Savor every moment in the competition. It is not always the winning that makes you happy but how you play the game that is important.

The students should also learn the intensity of the competition. It is the one that boost your morale and makes your spirit high. It is an encouraging energy that pushes you to use your maximum potential.

Developing self-discipline is also another contributory factor in creating a healthy attitude towards competition. It is behaving well and following the rules as prescribed by the people in-charge in the event.
The school has to teach healthy attitude towards competition for the students to have better thoughts in competing or in joining contests.

References:

http://zennistennis.com/?page_id=260