

Competition

Dr. Anshul Singh Thapa

Introduction

- The term competition is popularly used to refer to a variety of different situation. For example, we compete against others, against ourselves, against the clock or record book, and against others and other elements.
- But in defining competition, most researchers have focused on situations in which people compete against others in organized physical activities.
- **Coukley (1994)** defined competition as, *“a social process that occurs when rewards are given to people on the basis of how their performances compare with the performances of others doing the same task or participating in the same event.”*
- According to this definition, rewards in competition are limited to those who outperform others. Thus competition has reward structure, which foster the notion that the success of one participant or team automatically causes the failure of other.

- According to Dr. Rainer Martens, competition is more than a single event; rather it involves a process that encompasses four distinct but interrelated stages.
- Objective competitive situation
- Subjective competitive situation
- Response
- Consequences

Objective Competitive Situation

It includes a standard for comparison and at least one other person. It is a situation in which an individual's performance is compared with some standard of excellence in the presence of at least one other person who is aware of the criteria for comparison.

Subjective Competition Situation

It involves how the person perceives, accepts and appraise the objective competitive situations. Here the individual's unique background and attributes become important. Such factors as perceived ability, motivation, the importance of the competitive situations, and the opponent may well influence the subjective appraisal of the competitive settings.

Response

After a person appraises a situation, he/she decided to either approach or avoid it. The chosen response indicate the third stage of the model. If the decision is not to compete, then the response stops there, however the response to compete can occur at the behavioral, physiological, psychological, or all the three levels.

Consequences

The final stage of competitive process results from comparing the athlete's response with the standard of comparison. Consequences are usually seen as being either positive or negative, and many people equate positive consequences to success and negative consequences to failure.