

## RIVALRY BETWEEN STUDENTS

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**Abstract.** *A rivalry is the state of two people or groups engaging in a lasting competitive relationship. The rivalry is the “against each other” spirit between two competing sides. The relationship itself may also be called “a rivalry”, and each participant or side a rival to the other. A rivalry can be clarified as “a perceptual categorizing situation in which people identify which states are sufficiently threatening competitors”. In order for the rivalry to continue, rather than resulting in perpetual dominance by one side, it must be “a competitive relationship among equals”. Political scientist John A. Vasquez has asserted that equality of power is a necessary element for a true rivalry to exist, but others have disputed that element.*

**Keywords:** *rivalry, competition, crucial, overall well-being, impact, crucial, life, balanced, positive, negative, aspects, people, students, university, school, effects, self-esteem, feeling, society, peers, stress, different, schedule, teamwork, others, emotions, health, lead.*

### INTRODUCTION

*Competition can be categorized into several types, and each has their own unique characteristics and implications. Comprehending these types is crucial for analyzing how competition operates in different contexts. By learning the different forms of competition, we can gain appreciation of their effects on individuals, organization and society as a whole. In high schools and universities, Rivalry between students is naturally occurred. There are positive and negative competition, depending on how it manifests on their study and private live. The main difference between negative and positive competition is the types of emotions people feel surrounding the competition. These emotions can make certain kinds of people behave very differently.*

*Positive rivalry. When it comes to positive sides, high school memories can differ from the greatest of victories to the most challenging defeats. High school rivalries can bring out the best in students, and those special events are the contest where dilettante athletics prosper. Schools and universities departments must give attention to promoting healthy rivalries. It can bring communities together and spread positive connection. When managed correctly, healthy rivalry can provide numerous benefits that contribute to a well-rounded educational experience.*

#### 1. Motivation

Competition can serve as powerful motivator, forcing individuals to set and achieve goals. The desire to outperform other students can lead to increased effort, determined, and resilience. This drive is always fueled by intrinsic and extrinsic motivators. Intrinsic encouragement refers to the internal satisfaction derived from achieving personal goals, while extrinsic encouragement involves external rewards such as recognition, prizes, and promotions. Although, the motivational results of competition can vary based on student differences and contextual factors. For instance, rivalry may inspire excellence, pushing them to reach their full potential and discover capabilities they were previously unaware of.

#### 2. Self-esteem.

Success in competitive environment can strengthen self-esteem and confidence, reinforcing a positive self-image. Attaining aims or winning a competition can provide a sense of accomplishment that boosts an individual's beliefs in their ability. This positive reinforcement can inspire students to take on new obstacles and pursue further opportunities for success. Conversely, repeated failures in competition can lead to diminished self-worth and feeling of inadequacy, leading to a negative self-perception. The impact of competition on self-esteem highlights the importance of fostering a healthy competitive spirit that emphasizes personal growth rather than solely focusing on winning.

#### 3. Interpersonal relationships.

Healthy rivalry can foster camaraderie and teamwork, as students support and motivate one another in their pursuits. Interpersonal relationships may also serve as a useful lens through which to understand diverse theories of achievement motivation. Hence, relatedness may provide a useful tool with which to view and understand behavior in the classroom and to address any motivation and engagement issues in the classroom that may be 'other' related (Martin & Dowson, 2009). For example, adjustment and settling difficulties in school have been interpreted in terms of the failure of the learning environment to meet a student's need to belong.

#### 4. Resilience and perseverance.

Nowadays, competition is crucial in many aspects of life, like a job market and personal achievements. By experiencing real competition among students in a controlled, and supportive environment, they may develop various skills that are essential to tackle competitive situations their future careers and further life. Facing competition teaches students how to deal with obstacles and setbacks. They learn that success often requires effort and persistence and that failure is a part of learning process. This resilience is a valuable life skill that will serve them positively beyond the classroom and real life. In addition, positive rivalry fosters a growth mindset and develops problem-solving skills

*Negative rivalry. Student rivalries may have both positive and negative aspects. We mention some of the positive aspects of student rivalries above, now we are going to see the negative consequence such as:*

➔ *The emergence of stress and pressure.*

*Intensive rivalries can cause unhealthy level of stress that may lead to anxiety and burnout. Students start feeling constant pressure from their peers. In that case they cannot focus on their personal growth. Also, Academic pressure significantly impacts on students mental health. Research shows a strong correlation between high academic demands and increased levels of anxiety. Students usually feel overwhelmed because of their hectic schedule. This pressure can lead the feelings of inadequacy and hopelessness, which are the root of depression. Chronic stress from academic demands can result in burnout. Students face schedules filled with assignments, exams, and extracurricular activities. Signs of burnout are fatigue, decreased motivation, and disengagement from studies. All these sign can cause some problems in students well-being.*

➔ *Hostility and bullying*

*Rivalries sometimes turn toxic, contributing conflicts, resentment, or even bullying. This can damage relationships and may create a hostile school environment. Moreover, this can lead to divisions within community. Recent research has demonstrated a significant association between victim justice sensitivity and the externalization of problematic behaviors. Accordingly, it is plausible to hypothesize that this psychological tendency, which predisposes individuals to externalizing behaviors, may serve as a contributing factor to the occurrence of school bullying.*

➔ *Loss of collaboration*

*Instead of engaging teamwork and respect, rivalries may cause unsportsmanlike behavior, for example cheating, plagiarism, arrogance, or disrespect toward to others or their opponents. There are plenty of benefits to student collaboration, but it's no avoid of challenges. For example, not all students “pull their weight,” making the collaborative process seem unfair (and, in some cases, even undermine a positive classroom culture). Sometimes, one learner takes over an entire group's effort, steamrolling other kids' efforts or ideas along the way. Or, students can get off task or have irrelevant side conversations. Additionally, some people may not feel comfortable working with others (and some individuals might simply not get along at all).*

➔ *Negative impact on mental health*

*Continuously comparing oneself to their opponents can also harm self-esteem, leading to feelings of inadequacy, jealousy, and depression. Additionally, in an attempt*

*to win everything or all cost students may start changing their characteristics, such as academic dishonesty, doping in a sports or sabotaging others. Also, Student or pupil may start focusing more on their appearance rather than studying, learning and improving their knowledge. At the same time, Mental health problems can affect a student's energy level, concentration, dependability, mental ability, and optimism, hindering performance. Research suggests that depression is associated with lower grade point averages, and that co-occurring depression and anxiety can increase this association. Depression has also been linked to the environment if the school. Mental health problems can impact many areas of students' lives, reducing the meaning of their life, academic achievement, physical health, and satisfaction with the experience, and negatively impacting relationships with friends and family members. These problems can also have long-term consequences for students, affecting their future employment, and overall well-being.*

*Conclusion, rivalries among students can have both advantages and disadvantages. When the everything managed well with all costs, it motivates students, boosts self-esteem, and fosters personal growth. However, under some circumstances excessive competition can sometimes lead to stress, unethical behavior, and mental health issues. To ensure rivalry remains positive, schools or universities should encourage a balanced, supportive environment that prioritizes self-improvement over unhealthy comparison.*

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