

"The Art of not Competing."

by

JORGE GALVEZ AVILA

A dissertation presented to the

FACULTY OF LAW
INDEPENDENT COLLEGE DUBLIN

MA in Dispute Resolution

November 2020

LEARNER NUMBER	51691051
NAME	JORGE GALVEZ AVILA
COURSE	MA DISPUTE IN RESOLUTION
DISSERTATION TOPIC	THE ART OF NOT COMPETING
SUPERVISOR	Dr Richard Brophi
WORD COUNT	17,009
DUE DATE	02/NOV/2020

I certify that:

- This dissertation is all my own work, and no part of this dissertation has been copied from another source: Yes ☐ No ☐
- I consent to having my dissertation be retained in the library for the purpose of future research. Yes ☐ No ☐

[Note that if no checkboxes are selected, this dissertation will be regarded as NOT properly submitted, and may be subject to a late submission penalty]

Signature: _____
Date: _____ Notes:

Contents

Acknowledgements	6
Abstract	7
List of tables and figures	8
Introduction	9
Aims and Objectives	11
Chapter 1- Competition Types of competition.	12
1.1 Introduction	12
1.2 Maslow's Hierarchy	15
1.2.1. Physiological needs.....	17
1.2.2 Security needs	18
1.2.3. Social needs or needs to belong.....	18
1.2.4 Esteem needs.....	19
1.2.5 Self-actualisation needs.....	21
1.3 Herzberg's theory.	23
1.3.1 Intrinsic or Motivational Factors.....	23
1.3.2 Extrinsic or Hygienic Factors.....	23
Chapter 2 Research Methodology and Methods	25
Chapter 3- Interspecific competition	26
3.1 Introduction	26
3.2 The Concept of Niche	28
3.3. The principle of competitive exclusion.....	29
3.4 Evolutionary perspective.....	31
3.5 Factors affecting intraspecific competition.....	31
3.6 The spatial arrangement of competitors	32
3.7 Queen bee syndrome.....	32
Chapter 4- Data Analysis/Findings	35
4.1 Introduction.....	35
4.2 The Art of Not Competing	36
4.3 Maslow Hierarchy and Herzberg Theory.....	38
4.4 Intrinsic competition.....	39
Chapter 5 – Discussions	40
5.1 The Art of Not Competing	43
5.2.Evolution	46

Conclusion.....	50
Reflection.....	51
Bibliography	52
Appendix.....	54

Acknowledgements

I would like to thank my supervisor Richar Brophy for all the assistance and patience he gave me during the preparation of this dissertation, and I would also like to thank the school staff for all the attention

Abstract

The following dissertation explored the value of the Art of no Competing. The information was taken from different psychological articles and books on human behaviour and evolution, different points of view from different authors were explored, the research focuses on social competitiveness, specifically on the competitiveness that exists in our circle, people they always try to be above others in any area and many times at whatever cost.

Use the outcomes obtained in this research to show which are the causes of competitiveness (among people, social, friends, family), and where are they generated from?

Show the benefits that can be unleashed by knowing what makes you competitive and applying them in everyday life

The interviews were conducted to help determine the values of the research, the elements of the types of competence were evaluated and analysed, after analysing all the data from the literature and interviews, the competence was concluded is unconscious behaviour of the human being and that This is imposed on us from childhood, the competition generated with others in most of the time is done unconsciously and is caused by insecurities and the lack of maturity of people, when a person works inside to strengthen those insecurities little by little it stops competing

Aid people to realise their own limits and outgrow them

Replace competition with cooperation and self-growth

List of tables and figures

1. Figure 1, Maslow's pyramid.
2. Figure 2, Staggered Maslow hierarchy.
3. Figure 3, Comparative table between species.
4. Figure 4, Comparative table between two plant species
5. Figure 5, Adaptation of lizards in the same ecosystem
6. Figure 6, Maslow-Herzberg comparison

Introduction

What is the competitiveness?

The fact of being able to compete successfully with other companies, countries, organisations.

The dispute between people, animals or things that aspire to the same goal or superiority in something.¹

The fact of a person wanting very much to win or be more successful than other people²

Have you ever wondered or thought what would happen if you freed yourself from the need to compete with others, perhaps the first thing that comes to mind is:

- I stop growing
- I lose motivation
- It would be boring.
- I wouldn't be what I am now.
- I wouldn't have what I have now.
- It's ridiculous. I'm very competitive.

This dissertation aims to study the effects of competing with people around us, such as friends, acquaintances, family members and even coworkers, leaving aside labour or sports competition.

Let's have a look at what some authors say:

Christiansen, F.B., & Loeschcke, V. (1990) in their book Population biology in chapter 12 Evolution and competition, there is an abstract it says this:

¹ Definition of oxford languages.

² <https://dictionary.cambridge.org>

In Darwin's theory on the mechanism of evolution, competition among living things is viewed as a significant part of the "struggle for existence" and therefore as a basis for natural selection (Darwin 1872). Competition becomes more severe the more alike the competitors are because requirements of more like individuals are in general more similar. Coexisting species from the same genus compete on average more than other coexisting species of the same family, but usually the fiercest competition is found among individuals of the same species. Competition among conspecific individuals is an essential determinant of natural selection among phenotypic variants of a given species. It is distinguished as intraspecific competition from competition between species, interspecific competition.

In chapter 3 will examine the concept of Interspecific competition and the Interactions between species of plants, it shows what happens when two species share the same niche and the effects and importance of species adapting and sharing the same niche, this shows the importance of cooperation between species

In the chapter 4 an analysis of the data presented in the previous chapters is made, it is explained what the Art of Not Competing consists of and how society and the system in which we live impose on us the idea of competing from childhood

In the chapter 5 the literature review, previous research the all data collected and interviews were analysed, the importance of not competing is explained in detail and how competition for cooperation between people can bring better benefits in our social and work environment

Aims and Objectives

The purpose of this dissertation is to evaluate the effects that competing can have and to compare oneself with people in the social circle in which we operate, the reactions and opinions that people have when they compete with each other will be evaluated.

Likewise, it will show the possible advantages and disadvantages that have as a consequence competing with coworkers in the work environment and the implications that this affects.

Use the results obtained in this research to show the causes of competitiveness among people and where they need to compete is generated from.

Aid people to realise their own limits and outgrow them

Replace competition with cooperation and self-growth

Chapter 1- Competition Types of competition.

1.1 Introduction

Monopolistic Competition

This type of imperfect competition is where there are a high number of competitors or sellers in the market who have some power to influence the price of your product.

Communicative Competence

To define communicative competence, we can say that it is the set of knowledge and skills that allow producing and understanding messages in an appropriate way.

Work competition

The successful completion of specific work activity can be defined as work competence.

Within this same concept, there are three types of competence:

- 1. Technique*
- 2. Transversal*
- 3. Basic*

Linguistic competence.

The goal of this type of competence is that the individual has a sufficient degree of ability to formulate correct sentences in a usual and convenient sense.

Business competence.

When a company has the capacity to face its competitors, then it is called business competition although this does not necessarily have to be always on equal terms, many times business competition is given in an unfair way without any consent.

Economic competition

This type of competition is aimed at the rivalry between companies participating in a market, applying their best strategies so that they can minimise their costs, maximise their profits.

Educational Competence

In terms of educational competence, the skills, knowledge, attitudes that are integrated and put into action for adequate performance in a given context is called academic competence

Direct competition.

When two or more companies sell the same or similar products, causing the companies or the product to be directed to the same type of customers.

Indirect competition

In this type of indirect competition, companies intervene in the same type of market and clients, aiming at the total satisfaction of the client's needs with alternative or substitute products.

Intraspecific competition

Intraspecific competition occurs when two or more individuals of the same species simultaneously demand the use of a limited resource (Wilson, 1975).³

Interspecific competition

A form of competition between different species inhabiting the same ecological area

³ CHAPTER 22 - Tail Slap and Breach: Agonistic Displays among White Sharks?, PETERKLIMLEYPETERPYLESCOT D.ANDERSON
<https://doi.org/10.1016/B978-012415031-7/50023-9>

Several of the characteristics of competitive people are that they are ambitious, they do not like to lose, they have great determination, and without a doubt that the best part for them is when they win, this makes them feel full and empowered, without a doubt they hate losing and are capable of anything to win.

The characteristics of competitive people will be mentioned below.

1. They are aggressive if they don't win.

These types of people undoubtedly have very little tolerance for failure, they love to compete, win and often at all costs, they love games and any challenge that involves competing against others, they have a lot of ambition, but they also suffer when they lose although be something very silly.

You cannot talk to them or oppose them, they have to move away, and they get angry with everyone.

They obviously enjoy competing with others for the great stimulation and motivation that this gives them, but sadly, when they don't achieve their goal, they become really irritable.

2. They turn anything into a competition.

One of the characteristics of competitive people is that they love to compete and have the great ability to turn almost anything into a competition. They make a bet on everything; they want to win or compete in whatever life comes their way.

3. Intolerance to the triumph of others.

These types of people do not usually give up to anything, which for some cases can be very good. However, this causes them not to see others win, so they do absolutely everything to achieve their goals, even if this is at the expense of others.

4. They adore the triumph.

The high internal competitiveness in these people makes them feel that winning is the best sensation in the world for them, so winning becomes something they want to repeat frequently, that is why they always need to be involved in some kind of competition.

5. They don't see the game the same way others do.

While for others it may be just a game and a fun moment to have a good time in the company of others, for competitive people it is another opportunity to demonstrate their superiority, for the competitive the word game does not have the same meaning as for others.

6. Working in a group is uncomfortable for them.

⁴Due to their intolerance to defeat and the high degree of frustration presented by the competitors, they do not usually work in groups, and it is something that they really do not like because the victory does not depend only on them. It will not be only for them if not, it will be a collective victory.

But let's be honest, what happens when you compete, what happens when you feel that internal chip is activated when you enter a competition, it's gratifying, is not?

To be able to talk about competitive behaviour between people, we need a theory of behaviour that is based on the collective behaviour of these, so it is necessary to talk a little about this theory.

1.2 Maslow's Hierarchy

Let's see what Maslow says.

The human being has his own needs, many of these can be complicated but not necessarily challenging to identify, these same needs are those that give direction and shape to the behaviours of people, either towards their goals or dreams that are carried out consistently throughout life until the end of it.

⁴ <https://www.vix.com/es/imj/152245/6-cosas-que-caracterizan-a-las-personas-competitivas>

In his book "The Theory of Human Motivation" he says that the human being cannot advance or think of anything else until first his basic needs are satisfied, the book arranges by categories and classifies by levels various types of human needs, according to the importance for each person. The pyramid is divided by Maslow into five levels, in the first level are the most basic or physiological needs followed by the level of security, belonging and love needs, esteem needs, and self-actualisation.

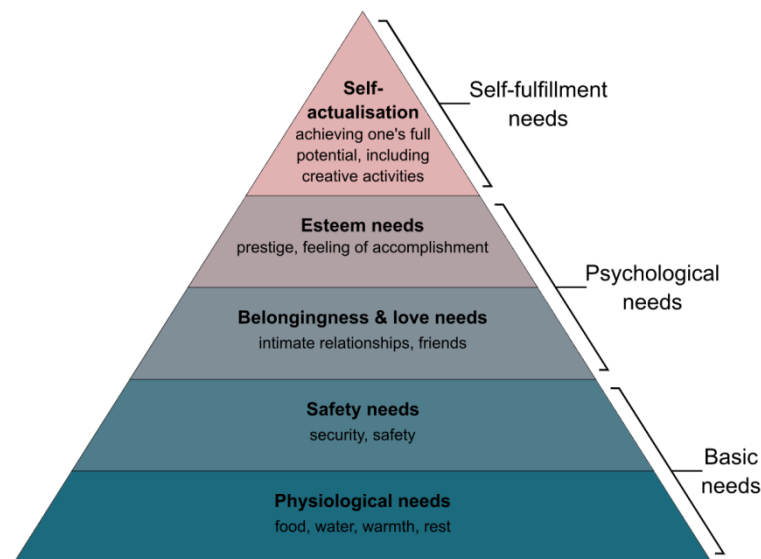


Fig. 1

According to Maslow, when the needs of one of the levels are satisfied, curiously a state of apathy or conformism does not occur, what happens next is that the attention is concentrated towards the needs of the next level closest to the current level, and consequently, the needs of the next level will become the needs that will be sought to satisfy

The needs of the lower levels are a priority according to the theory that Maslow raises, the basic needs are more powerful than the needs of the following levels, for this Maslow gives us a very clear example by mentioning that a hungry man does not care about impressing his friends, does not worry about fitting into the group or being accepted, the priority of the hungry man is to eat first and takes precedence over other needs

When we analyse the pyramid, we can see that according to Maslow's theory when the needs of the basic levels are satisfied or independently of the level in which the individual is, when he satisfies the needs of the level in which he is, he automatically enters in a gradual way to the next level of the pyramid and with this the mentality and the motivation to be able to fulfil the needs of that level.

1.2.1. Physiological needs

Maslow considers in his book that the physiological needs are unique and not own as other authors say, it is his theory that speaks to us that the physiological needs are independent of each other and also are independent of the levels of needs, we can mention examples like sex, hunger, a thirst that could be confused with the search of stability or security in the individual, the physiological needs could also serve to channel the other types of needs.

This level of physiological needs Maslow has taken as a starting point within his motivational pyramid, at this level he mentions that not all needs can be considered physiological; specifically, the theory says that not all physiological needs are homeostatic because this list could be extended to include sexual desire, sleep, maternal behaviour, sedentary.

As mentioned previously in paragraphs above when a person does not have food, water or a roof over his head, his priorities or other interests are set aside, and he is overcome by the need to eat and survive, this individual is not interested in belonging to a social circle or seeking acceptance from his friends or starting a business, so physiological needs are given the most value. This brings us to the conclusion that any human being, who does not have anything in life in a powerful way, will prioritise his physiological needs before anything else.

Let's put it this way, if a person has an abundance of food that will guarantee him food for the rest of his days, then due to the fact that the need has been covered; another need will automatically appear to be satisfied in order to continue the ascent

of the pyramid, this means that when a need is satisfied, it automatically stops motivating.

If a person has an inexhaustible supply of food, immediately the individual begins to be interested in other types of needs and the physiological needs that are the base of the pyramid are replaced. And this means that when these are satisfying different needs of a higher level arise and so on, this is what Maslow explains in his book that basic human needs are ordered in a hierarchy of relative preponderance.

Maslow says that when individuals have always had a specific need, they will be better prepared to tolerate later frustration in that area. On the other hand, those who have suffered from such conditions will react differently to a possible satisfaction from those who would have been more fortunate during their childhood or youth.

1.2.2 Security needs

Among these needs would be the need to feel safe, to have a stable life, a job, order in your life, some protection. The security needs are often expressed through fear, such as fear of the unknown, fear of what causes chaos, fear of ambiguity and fear of confusion. One of the main characteristics of security needs is that people feel the fear of losing control of their lives, fear of feeling vulnerable or weak in the face of current, new or coming circumstances.

And this ends up being very real, most people leave on one side their desires, specifically the part of freedom, sometimes they opt more for stability and security over their own freedom, when this happens the needs of security happen to take a very important role when they are not satisfied in the right way, many of these people do not dare to go beyond the level of security performance, that is why people prefer to prepare for an unknown future

1.2.3. Social needs or needs to belong.

When physiological needs and security needs are satisfied then the individual moves to the next level on Maslow's scale, this is when the need for love, affection and belonging appear as the main dominant centre of motivation. The affected person

will notice intensely how he begins to see an absence of his friends, family and will strive to achieve affective relationships with other people and to get a place within the group.

The distinctions Maslow makes between sex and love in which he demonstrated that he is aware that in love one needs to give, but it is equally important to receive, according to psychology when the word love is reserved for close personal relationships turns out to be a very important characteristic. And this Maslow places in the third level of the pyramid called social needs or belonging.

In summary, Maslow's hierarchy of social needs includes the following:

1. Romantic attachments
2. Family
3. Community groups
4. Churches and religious organisations
5. Friendships
6. Social groups

According to what Maslow says in his book, it is vital that people feel loved, so it is essential that they avoid problems such as loneliness, depression and anxiety, it is crucial that people feel loved and accepted by others.

The personal relationships that one has with friends, family, work, partners, is, without a doubt, something fundamental that plays a critical role in the development of social needs.

1.2.4 Esteem needs.

The need for esteem is that which is associated with the psychological constitution of people. Maslow groups these needs in two classes: those that refer to self-esteem, to self-respect, self-esteem and self-evaluation; and those that relate to others, among which are the needs of reputation, status, social success, fame and glory.

The needs of self-esteem are generally developed by people who have a comfortable economic situation, so they have been able to satisfy their needs lower fully. As for the estimation needs of the other, these are reached first than those of The first step in the process is to make an assessment of your own estimate, since generally, your own estimate depends on the influence of the environment.

From the theological discussions about Hibris, as well as from other sources such as the writings of Erich Fromm, Maslow drew that

"We have been learning more and more about the dangers of basing our self-esteem on the opinions of others, rather than on actual ability, competence, and fitness for the task. The most stable and therefore the healthiest self-esteem is based on the deserved respect of others, rather than on external fame or celebrity or unwarranted flattery.

When the needs of the previous levels begin to be satisfied what follows according to Maslow is that the needs of esteem begin to be achieved, these begin to become more critical in motivating behaviour, and then the fourth level of the pyramid begins to be more prominent over the other levels.

In the fourth level, the individual needs to feel valued by others and feel that he is making a contribution to the world, he chooses to start having other priorities, among them to gain the respect and appreciation of others, the need to achieve more important things to obtain the recognition of others, besides the feeling that he needs to feel with prestige, in this stage it is very important for the individual the values like self-esteem and personal value.

The fact that the individual participates in professional activities undoubtedly contributes to better satisfy this stage of the pyramid, work and academic achievements are extra to feel good in the fourth level when the individual reaches this point, he tends to feel more confident of his abilities.

However, those who lack self-esteem and the respect of others, tend to stagnate at this stage can not advance and may develop feelings of inferiority, esteem and social levels constitute what is known as the psychological needs of the hierarchy.

1.2.5 Self-actualisation needs.

Without a doubt, an indispensable condition in the human being is to be able to satisfy his needs of lack. However, it is not totally sufficient for the individual to achieve his realisation, a completely healthy person, according to Maslow, likes culture, is benevolent, is full of good desires and lacks malice. Still, something is missing, and There is a lack of that element that is required to achieve the much-appreciated yearning for self-realisation and the growth of the personality that would be a crisis of the personality itself and the disintegration of the same, to later access higher levels of integration and motivations of self-realisation, on the other hand, there will be people who could reach the state of self-realisation in a gradational way without the need to go through tremendous shocks.

Even when all the needs of the previous levels are satisfied, we can expect that often a new dissatisfaction and a new restlessness will soon develop, unless the individual is doing what he or she is capable of. A musician must make music, an artist must paint, and a poet must write if they are ultimately to feel at peace with themselves. What a man can be is what he must be. We can call this need self-realisation.

This term, first coined by Kurt Goldstein, is used in this book in a much more specific and limited way. It refers to a person's desire for self-satisfaction, that is, the tendency in him to realise himself with what he is potential. This tendency could be expressed as the desire to become more and more what one is, to become all that one is capable of becoming.

The clear emergence of these needs is usually due to some prior satisfaction of physiological needs and those of esteem, love and security.

Maslow says: what a man can be, must be, referring to the need of people to reach their full potential as human beings.

According to the definition that Maslow gives us in his book, relating to Self-realisation, this can be vaguely described as the full use and exploitation of talents, capacities, potentialities, etc. Those people who have developed or are developing to the full potential of what they are capable of.

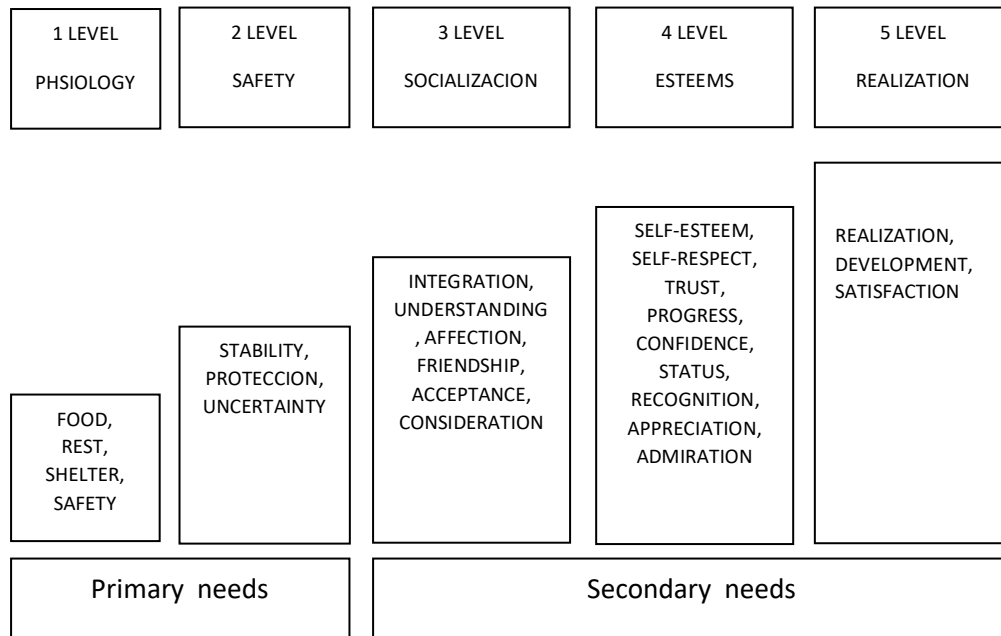


Fig.2

1.3 Herzberg's theory.

Frederick Herzberg, in his Two-Factor Theory (also called Motivation and Hygiene Theory or Dual-Factor Theory), formulated the Two-Factor Theory to explain people's behaviour at work better and raised the existence of two factors that guide people's behaviour. This theory is literally compared with others since it was formulated in 1959.

1.3.1 Intrinsic or Motivational Factors

Motivational factors or intrinsic factors are related to job satisfaction and the nature of the tasks the individual executes. For this reason, motivational factors are under the control of the individual, because they relate to what he or she does and accomplishes. Motivational factors involve feelings related to personal growth and development, professional recognition, needs for self-fulfilment, increased responsibility and depend on the tasks the individual performs in his job.

Traditionally, tasks and positions have been designed and defined with the only concern of attending to the principles of efficiency and economy, suppressing the aspects of challenge and opportunity for individual creativity. With this, they lose the psychological meaning for the individual who executes them and has a "de-motivation" effect that causes apathy, disinterest and lack of psychological sense, since the company only offers a decent place to work.

1.3.2 Extrinsic or Hygienic Factors

Hygienic factors or extrinsic factors are related to dissatisfaction since they are located in the environment surrounding people and include the conditions in which they perform their work. As these conditions are managed and decided by the company, hygiene factors are out of people's control.

They are contextual factors and are situated in the external environment surrounding the individual. Herzberg highlights that, traditionally, only hygienic factors were taken into account in employee motivation: work was considered an unpleasant activity, and in order to make people work more, it was necessary to appeal to salary awards and incentives, democratic leadership, open and stimulating company policies, that is, incentives external to the individual, in exchange for their work.

Moreover, others encourage people to work through rewards (positive motivation), or punishments (negative motivation).

Herzberg calls them hygienic factors because they are essentially prophylactic and preventive: they avoid dissatisfaction but do not cause satisfaction. Their effect is similar to that of certain medications: they avoid infection or fight headaches, but they do not improve health. Because they are more related to dissatisfaction, Herzberg also calls them dissatisfaction factors.

Chapter 2 Research Methodology and Methods

This research will be based on the qualitative method, for this research points of view of different authors and articles were analysed, graphs and tables of Maslow and Herzberg theories were analysed, an analysis of the intrinsic competition between other species and studies with plants, interviews were carried out which contributed more to the evaluation of this research.

Data from 5 interviews were collected for this research which will contribute more to the purposes of the investigation, the information obtained from each interviewee was analysed to formulate the conclusion and complement the theory of the information supplied by the literature.

Studies made in plant species are shown as well as the methodology based on psychological articles to carry out this research was complemented.

This methodology was chosen because it provides more accuracy, contribute to the evaluation of the subject from different perspectives is practical and can help to compensate for the weakness and strengths of the research

Chapter 3- Interspecific competition

3.1 Introduction

Interactions between species

The individual plants in a natural plant community will typically compete with conspecific plants (intraspecific competition) and with plants belonging to other species (interspecific competition) for the limiting resources (Harper 1977, Goldberg and Barton 1992, Gurevitch et al. 1992).

It is believed that interspecific competition plays a vital role in the composition of plant communities, and this has indeed been demonstrated (e.g., Weiher et al. 1998, Silvertown et al. 1999, Gotelli and McCabe 2002). Thus, to understand and possibly to predict the formation of plant communities, the interspecific competitive forces between different plant species have been investigated, often by performing two-species competition experiments (e.g., de Wit 1960, Marshall and Jain 1969, Antonovics and Fowler 1985, Law and Watkinson 1987, Pacala and Silander 1987, Francis and Pyke 1996).⁵

⁵ Christian Damgaard, Evolutionary ecology of plant-plant interactions, Page 51, Cap. 4.

Different types of interactions between two plant species (after Haskell 1947).

Interaction	Species		Nature of interaction
	A	B	
Competition	--		Each species has a negative effect on each other
Parasitism	+	-	Species A exploits species B
Mutualism	+	+	Interaction is favourable to both species
Commensalism	+	0	Species A benefits whereas species B is unaffected
Amensalism	-	0	Species A is inhibited whereas species B is unaffected
Neutralism	0	0	Neither species affect each other

Fig. 3

In the type of interspecific competition, the species have to use the same resource, which is limited, when this condition occurs, the competition results in a negative effect between the species.

Two species cannot coexist if they occupy the same niche; this is what the principle of competitive exclusion says if species compete for identical resources.

When there is a partitioning of resources overlapping species can evolve by natural selection.

Human beings spend most of their lives competing with each other, at school, among friends, sporting events, dating, couples, employment. But we could say that human beings compete with other species? If you have ever left your city and have lived the experience of camping in a forest or park, you will have noticed that the animals of the habitat that roam the area where you camp usually steal the food or look in the garbage of the camp, whether it is a fox, bear, raccoon, possums, lynxes any animal that lives near your base can do it, this means that you have some idea of what is the interspecific competition that in summary is the competition between members of different types of species that use the same limited resources of the habitat.

Most of the times in habitat the resources are limited, and many species compete to obtain them, to give an example just look at the garden of your house which competes among them too, water, nutrients, sunlight. In short, the effects of interspecific competition is adverse to the species involved.

3.2 The Concept of Niche

The set of conditions, resources or interactions that an ecosystem or place where a species habitat is needed is called a Niche.⁶

The different types of species fit into an ecological community in their own way with their own ranges and specific characteristics for each environment, from insects, mammals, fish that being surrounded by particular fauna, types of animals, salinity, temperature and ph of the water in the case of fish, all this is called a niche.

With this, it can be defined that it is very difficult or almost impossible that two organisms with the same type of niche can survive in the same habitat, and this is because if these compete for the same resources undoubtedly one will end up extinguishing the other, otherwise when the niches are only partially shared, the species can develop and coexist correctly without any problem. In this way, the

⁶ G. Tyler Miller y Scott E. Spoolman, "Each Species Plays a Unique Role in Its Ecosystem" (Cada especie juega un papel único en su ecosistema). En *Essentials of Ecology*, 5th ed. (Belmont: Cengage Learning, 2009), 91.

species will be able to evolve longer and make use of the new resources that the time period it provides.

3.3. The principle of competitive exclusion.

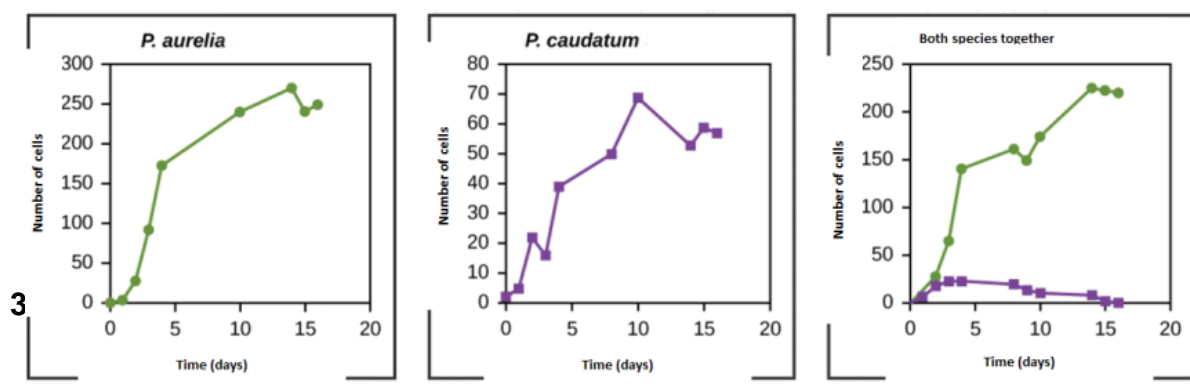
This principle tells us that two species in balance cannot coexist in the same habitat, this is because when in habitat there is only one type of niche and which is shared by two or more species which have the same kind of food or needs, which results in a battle for the survival of the resources and/or needs of the habitat.

In the following image, the organisms *Paramecium Aurelia* and *Paramecium caudatum* can be seen. What the image shows are the results of the cultivation of both when this is done separately but in the same type of habitat, it can be observed that both species prosper without any problem, contrary case when the same species are put in the same niche (habitat) at the same time with a limited amount of nutrients, the graph shows how the growth is relatively low during the first period, which causes that finally one of them prospers more than another, causing the extinction of one.

In the book *Most Species Compete with One Another for Certain Resources* written by G. Tyler Miller y Scott E. Spoolman it says:

*That is relatively rare in an ecosystem the occasion occurs that two species occupy the same type of niche. However, we can say that the more significant the overlap of two species in the niche, the stronger the competition between them.*⁷

At the end, we could say that the **Interspecific compete** is a factor for the survival of the species.



⁷ G. Tyler Miller y Scott E. Spoolman, "Most Species Compete with One Another for Certain Resources" *Essentials of Ecology*, 5th ed. (Belmont: Cengage Learning, 2009), 102.

When there is a partition of resources, the competitive exclusion can be annulled if one of the species manages to evolve and use a different resource, occupy another area of the niche or habitat or even feed at an additional time of day when this happens, and the species feed at different times of the day their niche changes and does not overlap, so they will no longer occupy the same niche by requesting the resources, thus achieving less competition between both species in which both can coexist since there will now be less competition between them.

The *Anolis* lizards found in Puerto Rico are an excellent example of resource partitioning. In this group, natural selection has led to the evolution of different species that use different resources. The following image shows the partitioning of resources among 11 species of *Anolis* lizards. Each species lives in its own preferred habitat, defined by the type and height of vegetation (trees, shrubs, cactus, etc.), amount of sunlight, and humidity, among other factors.

In the following image you can see how the partition of resources between the *Anolis* lizard happens, the *Anolis* species in its 11 types evolved in a perfect way to adapt to the habitat and to be able to survive, being able to modify its schedule of food, the height of its habitat, humidity, temperature, some will live in sunnier atmospheres, others in more humid atmospheres, others in drier atmospheres, some others prefer the bushes or cactus, in the summary of this comparison it can be observed that the 11 species managed to evolve to occupy a slightly different atmosphere.

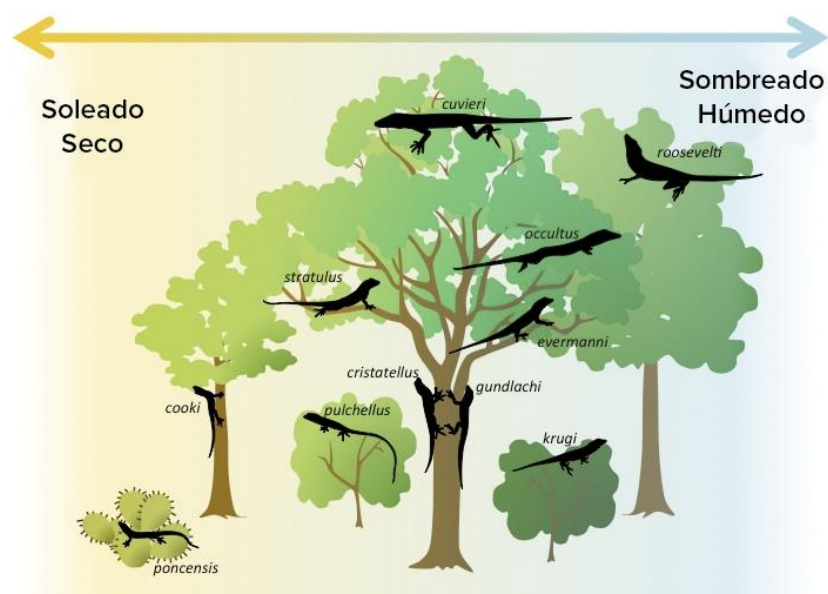


Fig. 5

Image Credit: "Community Ecology: by Eva Horne, modification of the work of Williams et al.⁸

3.4 Evolutionary perspective

Taking Darwinian evolutionary theory as a reference, intraspecific competition plays a major role in the mechanism.

Talking about Darwin's theory undoubtedly brings to mind the famous phrase the survival of the fittest, with this we cannot stop thinking about the animal kingdom when a predator attacks or feeds on another weaker animal.

Nevertheless, the correct idea is to relate natural selection to intra-species competition and not necessarily in a fight between members of the same species. This does not mean that interactions with different species will not be affected and with this, we will not have evolutionary consequences. Those individuals that can outperform their counterparts in terms of reproduction, are the ones that will end up increasing their frequency in the population.

3.5 Factors affecting intraspecific competition

In order to talk about the factors that affect intraspecific competition, we have to think about more scenarios that may arise between members of the same species. We must ask ourselves if the competition arises between the members of the same group or if the competition extends to members of different age groups.

For some cases, observing the natural world suggests that adult and juvenile members of the same species have little chance of competing since they occasionally occupy different resources.

⁸ E. E. Williams, "Ecomorphs, Faunas, Island Size, and Diverse End Points in Island Radiations of Anolis" (Ecomorphos,. En Lizard Ecology: Studies of a Model Organism, ed. R. B. Huey et al. (Harvard University Press, 1983).

Being more specific when referring to anemones, resource use is clearly limited, this is because adult specimens have considerably larger tentacles than juveniles; therefore, there is no possibility of competition due to the different age groups

Due to the type of method used by this species which consists of waiting for the appearance of the prey and then capturing it, individuals with smaller tentacles versus those with larger tentacles, have a significant difference in terms of the type of prey they feed on.

This same characteristic has been reported in other groups of species, in the fish, for example, the adult groups are located in specific habitats, that is to say, due to the age classes there is a separation of the resources even among the same species.

3.6 The spatial arrangement of competitors

Speaking of spatial competition between competitors of either the same or different species, it is a fact that predators possess exclusive territories in which each individual hunts and feeds.

Although certain regions or areas cannot be obtained by certain individuals due to the age difference, those who do manage to ensure the availability of the prey. In this case the competition is not directly for the food, but for the territory.

3.7 Queen bee syndrome

Due to the characteristics of this syndrome, in the long run, it causes women to end up being left alone because of the toxicity, this syndrome hides a series of deficiencies and insecurities that those affected project on other women.

This syndrome is not yet recognised in psychology manuals. However, there are many people who refer to it to point out the behaviour present in some women, and it is mainly based on competitiveness.

As its name says in the world of bees, the most crucial role is played by the queen which has a leading role, she is surrounded by various males or females which are not fertile, this makes the only fertile female becomes the queen of the hive, and many women usually desire this status.

Unfortunately, this has repercussions on a series of behaviours that hide a series of emotional deficiencies. Therefore, it is essential to take this into account before carrying out any judgment. What is really this syndrome?

Since childhood, we are taught to compete with others; in fact, this intrinsic need to stand out comes from the eagerness of adults to compare themselves with each other. This causes that in the attempt to improve and due to the deficiencies already mentioned what results, in the end, is that self-esteem collapses.

This happens when we want to improve as people but instead of doing a job or emotional healing, what we do is try to shine, excel and be the envy of others. This syndrome refers to all of this, but especially in women, due to the type of education they receive, since girls are educated in some way that they learn to be envious of each other and criticise each other.

Although stereotypes are changing and education is becoming more equal, there are still parents who force their daughters to behave in a special way. To know if a woman has this syndrome is enough to observe their behaviour, sometimes you can see that they have a big ego, these women are very competitive and are often envious of everyone.

This type of women always spent talking badly about another woman, gossiping about what he does or does not do, most of what this type of women expressed is usually negative, demeaning and humiliating.

Their eagerness to stand out and put themselves above others at the expense of whatever it is leads them to lose friendships and to manifest a very disconcerting passive-aggressive behaviour.

She will try to make other people her subjects so that he can become stronger, thus destroying the self-esteem and morals of those he considers rivals.

This is quite harmful to the environment around them, it hurts many people around them, women who suffer from this syndrome need to be trampling and denigrating other people to gradually undermine their self-esteem, especially those who consider their rivals, they do so out of fear or insecurity that causes someone to be better than them and see them as an obstacle to becoming leaders.

What they are really doing is projecting all their insecurities onto others, and for those reasons they seek in an unfortunate way to obtain the security they lack, this causes these types of women to end up alone and without their primary support: other women.

Women with this syndrome do a lot of damage to their entire environment, so it is important that by recognising these characteristics of someone, it is best to get away from them. They may seem harmless at first, but little by little, they can enter people's lives until they completely destroy them.

Chapter 4- Data Analysis/Findings

4.1 Introduction

Now after having had a look into the Maslow hierarchy, Herzberg's theory and the interspecific competition let's take some time to get comfortable, close your eyes, and go to the first memory of your childhood that comes to mind at this moment and observe that child and just observe the moment, do not analyse, do not judge, do not criticise, just observe that first time you competed, What did you feel? What happened? Did you win, did you lose, look at that first time you felt that someone moved you from your place, what happened that time you competed with someone else, what was it like, what was it like before all, what was it like that first time? Let's suppose that you're already there, let's imagine that you're with your friends or your siblings, or just your parents and you, or any relative, teacher, acquaintance, anyway, it doesn't matter, what really matters is that you allow yourself to feel and recognise what you thought at that moment, what passed through your head? It may be difficult to remember at this time what it was like when you were just a child or what happened then, but imagine that child is with his parents. At that time mom or dad tells him why he is not like his brother, like his cousin, like his friend the feeling of victory, that final feeling of being the best, yeah!!, but let's go back in time, let's go back a little bit and take a look when we were kids.

Without a doubt, competing is fun, it is clear that at some point in our life we have all competed and enjoyed the pleasure of winning, of being number one, unfortunately, or fortunately for each winner, there is always a loser, if we go back in history we go to find that since ancient times, human beings have organised all kinds of competitions, to say something more familiar and current today we have the Olympic Games and the World Cup of soccer which is of great interest worldwide.

Do you remember those years of school?, the famous honor roll, in which they put the picture of the 5 most intelligent children in the classroom, according to the grades obtained, or when someone gets a recognition in front of everyone, whether it's work, school, family, society, it doesn't matter, or we go forward could be your adolescence, the high school years maybe, remember that popular kid in the

classroom, or perhaps you were the leader of the group, and if you were, you remember someone else surely, someone else you competed with to be the leader of the group of friends, of the classroom, of your cousins, remember how it was those feelings of always trying to be the best of all, maybe you achieved it, based on physical power, or through manipulation, or perhaps you were affected by competing for that privileged place, suffered injury, gossip, or you were probably the one who stayed to the back of the classroom, the one who only observe, because you didn't dare cause of your fears, or maybe you suffered, or you were the one who had to turn off another's light in order to shine, that little lie, that subtle comment you made or they made about you, that caused an avalanche and an endless number of events that slowed your progress or slowed down the progress of others, or do you remember? How many times? And in an unfair way you saw how another person received the recognition he didn't deserve, only because he manipulated and lied to the others for his own benefit, that schoolmate who always got better grades than the others because he always got the exams but presumed to have killed himself studying a night before, that fake friend who is only acceptable until he realises that you are doing better than him, or maybe you were that false friendship that felt jealous.

4.2 The Art of Not Competing

Now talking about finance and economy is evident that competition between companies sometimes is beneficial to the human being because sometimes this results in higher quality products and often competitive prices, however when there is a monopoly, and there is no competition we can say that the greatest affected is the consumer or customer, among other things we also have the electoral contests that most of the time the candidates focus more on the mistakes of others than on the good ideas of the other contestants.

Or what can you tell me about people on social media sharing their photos competing for each other for getting more likes or taking photos making charitable donations to prove who is better or who donates more money

But here is where it gets interesting, in this area is where the Art of not Competing comes in, and that is if instead of focusing on the weak points of the opposite, they would concentrate on the aptitudes, and good ideas of the opposite to reach a common good in pursuit of the country or its defect of some project, relationship, work, friendship.

Although the sense of competition is very strong in most of the people who are currently part of our society, this does not mean that it is entirely correct. Many of the people who are highly competitive want to be successful no matter the means or the cost, this can have severe consequences in their lives, since the struggle to get to the top is often not entirely clean, sometimes the People use unorthodox means to achieve success.

When analysing the interviews it can be seen that most people do not realise when they compete with each other, this in most of the times they do it unconsciously, probably caused by the system in which we live, from children we learn to compete between brothers for the affection of mom, with other classmates in the park either to last longer in a game and even at school they fight to see who is the best.

This search or system of competencies to achieve success or fame is not usually very loyal, from the children who face each other in school to gain the status of leader which is essential to acquire power since this is the one that stands out from the average of the others for something that makes them stand out. Many children are natural leaders, which has a lot to do with the child's strong personality. The other leaders can become so if the abilities they possess are well seen in the rest of the group.

On many occasions it is the same teachers who, forced by the system, empower children to compete with each other, let's not forget the grades or exams that are also imposed by the system in which the child is labelled from 0 to 10, forcing with this to compare themselves with each other and compete for a place among themselves

And if we go further ahead, we can see that competition exists everywhere, as we get older the competition gets even worse, because now you have to compete to get a job and to keep it too and if we want to stand out with our friends it is the same.

All life is governed by competing, it seems that knowing how to compete is seen in a right way, as if this were part of a positive trait within the personality of the human being when in reality it is the opposite, this type of behaviour is He has imposed on us since we were little.

This is so unconscious that many times we make use of it against others and at the same time, it is used to increase our esteem or the concept we have of ourselves.

Competition has been imposed on us by society, let's not make it a constant challenge in our lives, we must learn to reject a negative and meaningless competition in which the other party shows us jealousy or envy.

There is no need to prove anything to anyone; the person with whom we should be happy is ourselves.

4.3 Maslow Hierarchy and Herzberg Theory

According to Maslow's and Herzberg's theories, there is a common denominator in the types of competition between species and that is that there is always something behind the competition, that the individual does not do it just for the sake of it, but that there is always a shortage behind every need to compete.

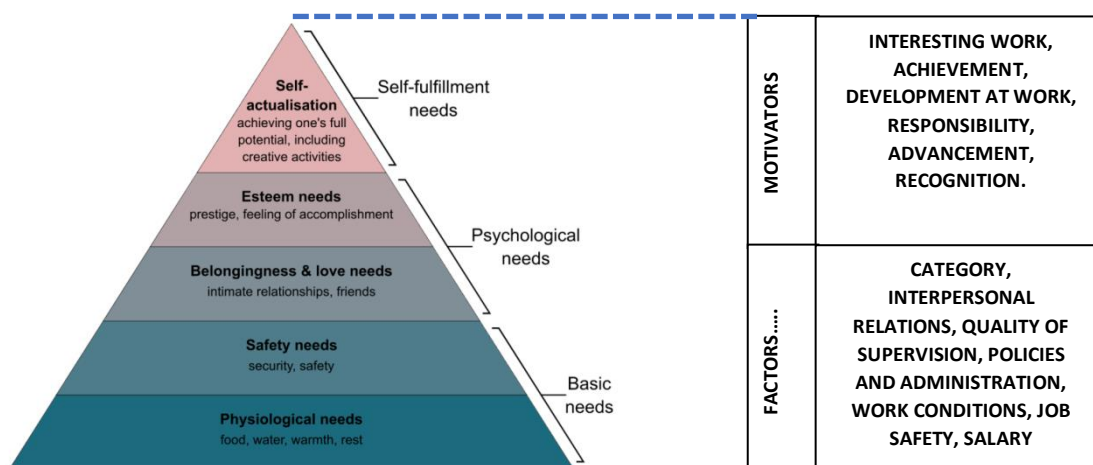


Fig. 6₃₈

On the other hand, the competition between species of the same genus in some cases is for survival, in others, it is for space, and in others, it is for food, for any of the cases there is always something behind.

Now if we go deeper we can see that what motivates human beings to compete in their social environment is a shortage within them, it is insecurity in which they feel offended, insecure, inferior when they see that another person is standing out or taking over everyone's attention, this causes in some cases envy, jealousy, resentment, and in the worst case even hatred.

If we go to our social circle and are more observant, we can see some of this in our surroundings, not only from our friends or social circle, but many times this comes from ourselves, this comes from our own subconscious. Suppose we are not attentive to our emotions or reactions. In that case, if we are not in the habit of observing ourselves and working on our internal problems, I can say that it is almost impossible to realise what is happening.

4.4 Intrinsic competition

In the intrinsic competition, the example given of the lizards is very clear, as these instead of competing with each other, adopt different schedules and different spaces to feed, even living in the same environment, this is a clear example of how the lizards managed to go to the next level.

What would happen if the human being in an internal way, managed to do the same if we analyse well we can see that the deficiencies of the human being are those that make invade the ecosystem and space of the other one analogically speaking, with this I want to say that if instead of seeing what the one in front is doing, why better do we do not see what is reflecting us? Why do not ask oneself? Why do I feel uncomfortable with the brightness of the other one? Why does it make me jealous or envious when the other one excels? or captures more the attention? have you started to think that? Have you been aware of that?

Chapter 5 – Discussions

Due to people's love of competing and wanting to excel over others, to be the best and get recognition and admiration for it, competition exists, however, any competition that is not with yourself is infructuous, an aggressive or imperfect form competition feeds the ego, on the other hand seeing the other person as a reference point and not as a rival not only helps to leave the ego on one side but feeds your self-esteem, setting goals is very beneficial for personal growth.

Many times the problem with these goals or objectives are full of ego and can become capable of anything in order to achieve them, this is obviously very destructive for the person and for any environment in which they find themselves.

Having an argument or putting yourself on the same level as these people usually end very badly, since people with high competitiveness are usually very insecure and are always on the offensive and there are very few cases in which good communication can be established with them since they are generally full of pride and ego.

There is nothing wrong with wanting to compete or admire a person and that this person is your inspiration. However, sometimes life seems like a competition to see who is more beautiful, intelligent, who has the most likes, due to the education they give us since As children we tend to want to surpass others and forget that life is a path of personal learning, where the only one who competes is oneself to be a better person, wiser and more evolved.

It is not necessary to go very far, just go to a gym and look around, we can realise that many of the people who attend the gym do not feel satisfied with themselves and want to look like someone else, they want to compete with others, not with themselves, the goal is to be better than the other and not better than themselves.

Unfortunately, this also occurs in society in general and in workplaces, as I mentioned above there is nothing wrong with admiring someone and that said person is your inspiration to follow in their footsteps, however, the main competition begins with you and not with the person who inspires you.

We must bear in mind that there will always be a more beautiful, smarter, more beautiful, wealthier, more successful person, but we must not compete against them, work on yourself to achieve and even overcome it. The competition is not in that person, it is within you.

The only competition that should exist in your life is with yourself. Don't hurt yourself trying to compete with others by wanting to be something you are not.

Competition is fair between companies, not between human beings. In fact, when in companies people begin to compete within their work environment, it ends up becoming a hostile place where you cannot find peace of mind, people behave in a very competitive way to gain recognition and acceptance even if this implies acting against the interests of others.

With increasing cognition, state-matching evolved into more complex forms, including concern for the other and perspective-taking

Empathy-induced altruism derives its strength from the emotional stake it offers the self in the other's welfare.

Since our childhood we are bombarded by subtle messages from our parents and our environment, these messages somehow create something in us, and we get into a habit of prevailing over others, I think no parent can deny the fact that they have ever compared their children.

Now if we talk about the years we spend in schools the result is the same, the system that prevails in schools forces us to be competing all the time, there will always be the most intelligent boy or girl in the room, the one with the best grades, They impose this on us from a young age, they impose on us that the strongest or the one with the best recognition are the ones who have all the winnings and if we look back at the work environment it becomes even worse

Unfortunately most of the time you take the definition of someone successful when they are above the others when they stand out from the others when they are in a prominent position

And if we add to this that in many occasions reaching success requires a lot of sacrifices and sometimes at the cost of anything, then it gets worse.

Competing takes away our peace, puts us on alert, puts us on the defensive, your position is basically aggressive, winning to survive, obviously doing this requires all the attention, and therefore a good amount of energy that has you under constant stress and tension because you need to win or avoid being defeated.

This stress ends up taking its toll on you in the end, and this has repercussions on your health, in the work environment, with your loved ones, with your partner, in the end, you may unconsciously become a distrustful and perhaps even insecure person.

5.1 The Art of Not Competing

The Art of not Competing consists in that the individual should not see his counterpart as an adversary, but as a mirror, as an example to be improved, he should pay more attention to what this reflects on cooperating in the mutual benefit of the parties or his case if it is a group cooperate with all of them when a person is aware that he does not need to compete to adjust his behaviours, work on it, he realises who he is, he knows himself, he knows his limits and his capabilities, we can name the example of the lizards mentioned above, but this time we will use the example of the ants as a cooperative competition, where they all work as a team to build their nest each type of ant has its function, there is the worker, the soldier, the queen every one of them knows what they have to do.

Perhaps sometimes you will have to compete, and you will have to act against some to get something, a job, a position in it, when you compete for something that will be exclusive for you and will be excluded for others there should certainly be a winner or loser in the fight, but this does not mean that the competition has to be destructive and focusing on destroying the one in front is totally fruitless and meaningless, says Kohn, Alfie in his book No Contest: The Case Against Competition:

He says that gaining success by making others fail is an unproductive way to work or learn behaviour devastating to individuals and society.

Tenemos otro ejemplo que menciona el Doctorado en Filología Hispánica Emilio Arnao, Posted on "The citizen" November 13th why are we always competing?

Is it really necessary to amputate the legs of one who looks at you with arrogant eyes?

In many of the occasions the capacity of the human being to cooperate will depend on how much value is placed on the goal, the bigger the purpose or the objective to be achieved, the more value the parties give to the event is the extent to which the competitors will be able to benefit or harm themselves, as mentioned before and this is mentioned many times in the interviews sometimes the competitors are capable of anything to get what they want regardless of the consequences of this.

The success in a competition is measured by obtaining the desired result a competitor aware of himself, aware that the competition is not in the other party but in himself, he will be able to deal with defeat more efficiently and with less frustration, this will give him the knowledge of himself, the confidence that is inside him, the more he trusts him, More tolerance to defeat will have and consequently less need to compare himself with others, since he will understand that competition is not outside, it is inside him, in being a better person, I will give an example to a boxer who trains for him, even though he studies his opponent, his movements and techniques, the boxer focuses on him, in improving his condition, in preparing himself more, in improving his technique and it is based on the boxer's own training and the improvement of his technician as he climbs to be the best, the boxer knows that there will always be someone willing to defeat him and fight with him, and he knows that the best preparation is to focus on him, in their technique and not in the opponent, in the end the two boxers will face each other but the one who polished his technique better, the one with the best physical condition, the one who has improved the most as a fighter is the one who will obtain the victory, otherwise the choice of destructive competition due to arrogance ends up destroying the individual and the environment where he is.

Many times a competitive attitude can affect your family circle, social, because these people do not stop, feel offended by everything, everything will be competition for them even when this does not have to be so, the more insecure is a person more need to compete and show as the best to others, will always have something to prove, to show, to say not to be below others, probably get good results or even have the desired success in their public life but sooner than later this type of temperament will reach him in his private life, with friends, partner, family, work.

To give a more typical example, we have the case of Michael Jordan, who was highly competitive and his high sports performance led him to be the greatest basketball player, however many of his teammates and league members complained about his attitudes, his arrogance and the fact that he often crossed the line, Michael not only competed on the court in the stave, but also in his social life, there is an anecdote he has with a professional fighter where the fighter is talking with two of

Michael's colleagues, when Michael arrives he asks arrogantly "Who the hell are you? "In the end, this could be due to the fact that Michael was feeling that he was being robbed of his role.

It is a fact that cooperative and competitive interactions can be combined, especially in sports, but what makes the difference in these cases is what you are inside, it is the way you have worked inside yourself as a person, studying yourself is perhaps the best version you can do, of course, it is possible to cooperate with some to compete with others. The clear example is in sports, where one team works together to defeat the other, but even in these cases if there is a person within the team with arrogant or superior attitudes, it will certainly not be good for the team. Even more when you meet a highly competitive person within the same group, both will end up falling in an argument and maybe in some cases in a fight.

Of course, sometimes there are cases where it will seem that you are cooperating when in fact you are competing or otherwise where you can pretend to compete instead of cooperating. Still, sometimes this will not be the case, the clear example is in the supermarkets when they agree to set prices and distribute to customers without them realising it, this can also happen in your social circle, when people seem to cooperate with you when in fact they are competing, the highly egocentric or arrogant people will not give in so easily, for them, there is no cooperation. Still, their high degree of manipulation will try to make you believe that it is so, the best thing in these cases will be to get away from there, as could be seen in the interviews, when a situation like this arises the best thing is to get away from that type of person, the insecurity that these people handle will not allow them to rest until they see you down.

Cooperative people with a high level of self-awareness will benefit each other; they will be able to prosper together, set up a company, do business, be a couple, grow together in any of the fields, a person committed to becoming a better version of himself and not to measure themselves against others will undoubtedly bring greater inner calm and more significant benefits within the circle of life. In contrast to the competitor who sometimes tries unconsciously to harm the other, to extinguish the brightness of the other party in order to shine he or she, two rivals, two competitors

will damage each other, these people usually hate each other, they may even hate each other as already mentioned in the interviews, the degree of arrogance and competitiveness that these people handle even brings negative consequences in their affective and close relationships, because they do not tolerate competition in any way.

For some cases competition will be better than cooperation, competition between companies creates better quality products, better prices.

Competition can serve as an incentive, innovation, creativity and the existence of this creates alternatives for consumers, so there will be cases that both cooperation and competition can be useful for some and bad for others.

Of course, cooperation will not always be good for everyone because it is possible to cooperate with some to compete with others, that is to say, it depends on the point of view and the side you are on is how cooperation becomes for you, cooperation will be bad for you when it is against you, and it will be good when it is for you, I give the example of sport again, in a soccer team where 11 people cooperate to compete against 11 others, in this case, the cooperation will be bad for the opposite team, it is bad for the competitors of both teams, the same will happen in the work environment when the person from one company joins in competing with the other company.

5.2.Evolution

As I mentioned before in the animal world there is cooperation as competition is an essential part of the evolutionary process and Adaptation of species, both in the animal kingdom and in plants, this type of competition helps substantially to a faster adaptation of species as well as other times to the disappearance of them, since as mentioned in the example of plants the most capable are those that prevail. In this case the struggle is not carried out in a violent way between the two species in the niche. Still, of the species that behaved in a more efficient and more adaptable way to the space where it inhabited, by this I mean that the competition has always existed and will always exist since it is an essential part of the evolutionary process

of this planet, however, there will always be the possibility of cooperation with the other species.

In the case of plant species or other species, these do not need to be aware to know that cooperation between them is a fundamental part of the evolutionary process and survival, if the species needs to survive in an environment of limited resources then this species or in its absence the species involved in the process adapt to the space and instead of competing share that space so that both species can coexist in the same environment, and in turn share the ecosystem, without doubt the processes of cooperation and competition are a very important part of preserving life on this planet, competition and collaboration among species contribute to the progressive development of adaptive cognitive and emotional capacities, if nature itself has evolved so that cooperation among species ensures the survival of the same without taking away or underestimating competition it is clear to me that when human beings learn to be more cooperative and stop seeing the other as an adversary or someone to defeat in order to fill their deficiencies or satisfy their ego or arrogance we will have evolved thinking as a species.

Looking inside and using empathy to better understand those around us will certainly help us to be more cooperative, the need to be more than the other instead of being a better individual or person than you were yesterday will continue to create differences and separate the human being from himself.

Well, De Waal, in his book *The Evolution of Empathy*, says:

Empathy is an ideal candidate mechanism to underlie so-called directed altruism, i.e., altruism in response to another's pain, need or distress.

The animal kingdom teaches us that we are all one, from plants, trees, stones all are part of the evolutionary process of Adaptation and cooperation between species,

people act and react based on their lacks or wounds, and thus see the outside world, in order to change the perspective of a hostile world towards others or ourselves then we have to work on ourselves first in order to change the outside, there is nothing outside that does not exist inside, if we are full of deficiencies, wounds or traumas that can then arise from life, we will certainly end up manifesting the inside of us towards the outside.

Working on oneself, knowing oneself, knowing your limitations is a very important part of evolving as a human being, just as we hope to change something or improve it if we don't know what to change or improve, knowing yourself will make you more aware of your scope and limitations.

A cooperative person will be able to perform better in his/her work area since he/she will be focused on his/her position, on the company, on the goal and not on being for others, this will undoubtedly bring as a consequence better ideas, better work teams, better environment for everyone, the person committed to improving himself/herself as a person is not worried about despising others and competing with others, on the contrary, he/she will be less concerned about having to take care of others and his/her mind will be more willing to innovate, to invent to move forward.

We know that competition and cooperation are bilateral interactions that actively participate, act for or against each other, in some cases only one is executed and the other only waits to receive the positive or negative actions.

To end this dissertation I would like to leave the following poem.

Our Deepest Fear

By Marianne Williamson

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you *not* to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.

We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.⁹

⁹ This inspiring poem is taken from Marianne Williamson's book *A Return to Love*

Conclusion.

This dissertation aimed to answer the question:

Why people compete?

Although it is clear that competition is very necessary in daily life in all social areas, business, work, a better job position, a beauty contest, a world cup, the Olympics.

I can say that the true competitive spirit or what I would describe as cooperative is found in improving yourself, the best athletes congratulate each other, help each other, when one of them is injured or when in a marathon the runner who is in the lead, gets the wrong direction, the runner who is in second place waits for him and shows him the right direction and gives him the place, this is where the true competitive spirit is in being a better person than you were yesterday, in improving yourself and not comparing yourself with others.

There is nothing wrong with admiring someone and being inspired to follow in their footsteps, however the competition begins with yourself and not with the person who inspires you.

Human beings are like a lit candle, that in order to light another candle, it is not necessary to extinguish the first one.

Reflection.

The elaboration of this topic required a tremendous amount of time to go deeper into the subject. To detail and to make it accurate needs much more time, perhaps a few years to develop the subject to perfection.

Despite that, I did my best with the few resources I had, and I feel happy. However, I know that I can still improve it by 100 percent. This subject is one that I am passionate about and have experienced throughout my life, everything started with knowing myself. Stopping competing with others was a result of searching and studying my self, and this has given me inner peace and allowed me to achieve great goals in my life, such as completing a good position in the government of my country, having a company and a very good quality of life. My next step will be to make a book on this subject, in order to help people find themselves, achieve their goals and improve as a human being

Bibliography

Case, T. J., & Gilpin, M. E. (1974). Interference competition and niche theory. *Proceedings of the National Academy of Sciences*, 71(8), 3073-3077.

Gilad, O. (2008). *Encyclopedia of Ecology*. Elsevier Science

Griffin, J. N., & Silliman, B. R. (2011). Resource partitioning and why it matters. *Nature Education Knowledge*, 3(10), 49.

Lang, J. M. & Benbow, M. E. (2013) *Species Interactions and Competition*. *Nature Education Knowledge* 4(4), 8.

May, R., & McLean, A. R. (Eds.). (, 2007). *Theoretical ecology: principles and applications*. Oxford University Press on Demand.

Soberón, J. (2002). *Ecología de poblaciones*. México: Fondo de Cultura Económica.

Speight, M. R., & Henderson, P. A. (2013). *Marine ecology: concepts and applications*. John Wiley & Sons.

Vandermeer John, H., & Esther, G. D. (2003). *Population ecology first principles*. Princeton University Press.

Bellott, F. K., & Tutor, F. D. (1990). "A Challenge to the Conventional Wisdom of Herzberg and Maslow Theories." Paper presented at the Nineteenth Annual Meeting of the Mid-South Educational Research Association. New Orleans, LA.

Herzberg, F., Mausner, B., & Snyderman, B. B. (1959). *The Motivation to Work* (2nd ed.). New York: John Wiley & Sons.

Maslow, A. H. (1970). *Motivation and Personality* (2nd ed.). New York: Harper and Row.

Tutor, F. D. (1986). *The Relationship between Perceived Need Deficiencies and Factors Influencing Teacher Participation in the Tennessee Career Ladder*. Doctoral dissertation, Memphis State University, Memphis, TN.

<https://www.lifeder.com/competencia-intraespecifica/>

<https://scholarworks.umass.edu/cgi/viewcontent.cgi?article=1066&context=pape>

<http://www.zeuseduca.org/zeuseduca.org/fernando.infestas/Mag%C3%ADster%20en%20Direcci%C3%B3n%20del%20Talento%20Humano/Rodrigo%20Flores%20Guerro%20E2%80%8B/Semana%201/%E2%80%9CUna%20vez%20m%C3%A1s-%20%C2%BFC%C3%B3mo%20Motiva%20a%20sus%20Empleados%E2%80%A5>

[%E2%80%9D,%20F.%20Herzberg.%20HARVARD%20BUSINESS%20REVIEW%20Reedici%C3%B3n%20Enero%202003.pdf](#)
<https://www.redalyc.org/pdf/153/15333870004.pdf>
<https://www.redalyc.org/pdf/153/15333870004.pdf>
<https://es.quora.com/Por-qu%C3%A9-las-personas-compiten-con-otras#:~:text=Existe%20la%20competencia%20porque%20a,muchos%20%C3%A1mbitos%20desde%20laborales%2C%20sociales%2C>

Appendix

Interviews Transcriptions.

First interview

Why people compete?

I have to make an evaluation of myself. I have to check myself, my weakness, my opportunity in the business, I have to see if I can feel stressed, or if I lose my job or that kind of things, I have to evaluate myself first before I want to compete. This is the most important thing, before competing you have to evaluate yourself first, you can go for the right position to compete with someone.

The second thing is motivation, you need to be motivated, there must be something there must be a reason to compete otherwise there is nothing to do, there is no reason to compete, I will give you my example, I think in my 15 years of racing I have competed with many of them because I believe that after doing my swot analysis and evaluating myself, I am able to compete because I am more efficient in many ways, I can compete with some of them because I am more efficient in many reasons, more useful for the business, for me, more than them, I can give better skills, better ideas, high performance, I can give you better ideas, I have high skills, I am a person with spirit, a more efficient and effective person and that's why I can compete with people.

Sometimes I can compete for high positions, the most important thing for me is that you value your self-esteem, respect, I want to give my respect in the company in the business, they will want to see me as a respectable person, I want to become a leader, I have the qualities, I could manage the business on my own with my leadership, I can lead people, I can manage them with good manners, that is why I can compete with people and because I am able to do it.

What do you feel when you compete?

I feel, actuality when you compete in the business world it is very highly motivated. I believe you challenge your skills as well as your strong personality and determination. This is what I feel when I compete with someone else, I have a strong personality and determination, and high performance of my skills

Do you think social competition exist?

Yes, why not, you can do social competition as well, there is no hesitation, my brother, my friend, even my brother, my friend they have been against me. Still, if you are able, if you use your skills correctly, then you do not need to compete with anyone, because there is no difference, the thing is that if you act badly, you execute yourself, you will be unconfident, and you will lose, you will lose your way, and you will lose the confidence in yourself too. Still, if you do it correctly, you will be able to compete anyway, there is no jealousy factor, you can compete with anyone, I believe in that.

Have you ever felt someone has competed with you? (friends, siblings)

Yes, but the thing is never let me down, definitely when they have more skills than me, and they have more experience. Still, there is no jealousy, I can't say oh I'm jealous I have to compete no no, I always compete with my efficiency and my effectiveness and my skills, if someone is better than me, definitely better than me, but I will always do the best way of doing things all the time, I would definitely like to compete. Still, if someone is not at my level, I need to be stronger, evaluate myself at myself and see where my weaknesses are but if someone is better than me, he is better than me.

Do you think when someone competes with you, they do it subconsciously or consciously?

Yes, it happens sometimes, it happens to me in my job

Have you lost any friendships because they compete with you?

Yes, sometimes, on my side if I compete with someone I do it in a positive way, not from jealousy, not from hatred, but maybe if someone is competing with me, it could be my brother, my friend, but they think in the wrong way, they can be jealous, they can hate me, I don't know.

Do you think that when someone competes with you, they do it because they feel jealous or envious?

Yes, because the most important reason is that people do not value themselves, this is a factor, jealousy and envy come from within, and then now they come from

outside, they begin to affect your personality when you do not evaluate yourself. Yourself or you are aware of saying that you are not suitable for the position, my analysis is ok I am not the right person for this position, my evaluation, my analysis is ... I am not suitable for this position, so why am I fighting for this?

What do you do when you realise that someone competes with you for being jealous?

The thing is that I am doing my hard work, and if someone thinks that about me it is not my concern, that is perception, my concern is to stay positive, to be a hard worker, I need to improve myself that is what I really do I worry, the thing is that competition is a positive way to improve yourself, but the thing is that people think this is wrong they think this is negative, sometimes you can lose.

What do you do when someone close to you is jealous of you, and all they want is to compete with you but in a negative way?

That way, I think I would keep doing my job, and if that doesn't work, I would get another job. Definitely, if that person is always trying to prevent me from being myself, I will definitely find another job.

I don't want to get involved in a fight with him, I don't want that, I will find another place, and there will be more opportunities. If you believe in yourself, if you are confident, you can find a better place.

Have you ever been jealous of someone?

Yes, my best friend, I was jealous of him, oh my god, that was very bad for me, it was a nightmare, it was very hard for me, I could not live quietly, I was very stressed, but I realised it very early. , I thought, this is not me, I was losing many things, I was losing my best friend, the relationship with my family, the relationship with my school friends, it was a disaster in those days, but I realised it very early, I thought I have to move forward, I have to stop this kind of jealousy, this is not good for my health, and I got rid of it.

Have you ever compared yourself to someone else?

Have you ever compared yourself to someone else?

Yes, of course, I always do it, because if I don't have a vision, I can't complete my mission, I always have good people, now I'm a chef, I'm studying to get my certification, so I look at someone else to motivate me

Do you think that when someone competes with someone else in a negative way, it is because of their insecurities or because they are seeking acceptance?

I think it is probable, the things I have seen is insecurity, people sometimes do not have the skills, but they somehow want to do something, that is the reason that they feel insecure or lose their confidence.

At that time when you used to compete with others in a negative way when you used to compare yourself with others, what did you feel when you stopped competing with others when you realised that it was wrong to feel jealousy for others, how was that feeling, you can remember?

It was entirely like an evil mind, I was thinking in a wrong way, I was just looking to compete with people, I was thinking how I could compete with them without losing anything, I don't want to suffer this, I just wanted to win regardless of the price, no it mattered what I was feeling I just wanted to win. The most important thing is that I was negative, but I did not realise that I was negative, and I wanted everyone on my side, it did not matter if I was wrong.

And now with this version of you, how do you feel inner you?

Now I feel calm. I believe that one day if you work hard and improve yourself, you can achieve your goals.

Do you think people know their own limits?

Sure, they know their limits, I would like to think so.

Do you think people know themselves?

Yes, I think so, I know myself very well, people are civilised and educated.

What would happen to people if instead of competing with other people they competed with themselves?

I think this is a process of competing, I want to be better, I want to be the best, I want to show my personality, I want to show what skills I have, you have to compete with others, otherwise you cannot improve, since You can't tell what abilities you have. If you want to improve yourself, you have to compete.

Second Interview

Why people compete?

I think just because we all try to be better or they want to be better than others, only to be better and to be accepted by others.

To show off, and to be accepted by others, for the society, for family, friends.

What do you feel when you compete?

I have to say that sometimes in the past, I felt, you know when the society accepts you, they think they are better than others, all the people look for the recognition of the others, they always want and show only their right side, but at the end that is not the most important thing, in the end, you feel an emptiness, When you are the most important thing since I started my process, I can feel that when I was in that situation competing with someone else and in the end, I won, I felt good, maybe because someone was annoying to me. Still, now I realise when I compete I ask myself to win? , You don't earn anything, not for you, now I understand that it doesn't matter if someone is better than you or better than me, he can be better, I focused on being better than myself.

Do you think that social competition exists, among friends, family?

Yes, it exists, it's always there, even if you don't want to compete with someone it's always there because we received that education from our parents, we have brothers, sisters, our parents compare us and ask your brother did this, it's not like something direct, but in the end, we always want to be better than others, and it's the same in school, you want to reach that position, even if we don't want to because we were educated that way

Have you ever felt that someone has competed with you in your social life?

If consciously or unconsciously, even if they don't want to feel that, I will explain it, if some people come into your life, and always someone is going to be better than you at something, intelligence, beauty, skills, they are probably more precious than others, then that can cause competition, I don't know something that we learn from society, it's unconscious, but we are always trying to do something else, we are always selfish and don't care about others.

Do you say they don't notice when they compete?

Sometimes I think it's because of the education we receive. Still, they don't feel that way, they don't realise it, because they have been like that all their lives ... they are in a kind of competition. They feel excited about that. I think we have two ways, one where we do not know that we are living in competition because we receive that from our parents or the school and the other way is because people are very aware and know when someone is competing with them unconsciously.

Have you lost any friendships because they compete with you?

If I had a situation at my job, can I tell you the story? I used to have a friend, we were very close friends, and we were working in the same area, we were supervisors, and for some reason, I received an offer to take a better position..... She was older than me, she had more experience than me, and she told me, I know that you received the job offer instead of me, after that the friendship ended. There was a terrible relationship between us. It wasn't easy. Still, in the end, she understood that I was not competing, I was just taking an opportunity to grow professionally, but the friendship was lost for a year. She felt that she lost the chance because I was there.

Did you feel in this case any jealousy or envy of the other person?

I felt jealous of the other person, and I felt a kind of frustration, she was older than me, and of course, she had more experience than me, at that time I felt very bad, and I was in a very difficult position because I wanted the promotion, but I didn't want to offend my friend.... But it was difficult for me because I was always empathic with others, of course, she was my friend when my manager offered me the position, she knew my feelings, and she explained that she did not provide the position to the other person due to her attitude. She explained more things to me of course, but I was in a difficult position at that time, I spoke with my friend, I told her it was not my decision to receive the offer, but it was my decision to take it.

But it is true that when you work with people at the same level, and then they change they begin to see you differently

Have you ever compared yourself to another person?

Yes, of course, I have

What did you feel?

I felt terrible, if I have to be honest, yes, if we reach a point where we compare ourselves with other people it is because we are probably afraid to see our bad side, maybe we have things that we do not like, and we can see that others people are good at doing something, we indeed become insecure if we compare ourselves to another person, we feel insecure.

Do you think that somehow we are looking for some kind of acceptance when competing?

I think so. I think a common feeling is that we are always trying to impress others, our parents, friends, family, we are always trying to be better for others, I believe that if we are going to try to be better, we should try to be better than ourselves

Did you notice any changes since you stopped comparing yourself to others?

Yes, because it makes no sense to compare yourself with others, because when you accept your good and bad side, you feel good and it makes you feel good because you are not thinking about another person, you start to enjoy the moment I want to do something, I just do it, I don't think about others.

Do you think people are aware of when they compete?

No. Sometimes we just do things because we don't know any other way to do it, even if we don't know what will come of competing, we keep doing it anyway, but we all have to allow ourselves to do things differently, in general society becomes worse because of this, they are competing all the time, they do not care about something, in social networks you can see how people only see how many likes they get, for example.

Do you think people know themselves?

No, and I think it is difficult to make the decision to know yourself, many things move inside you.

What if people, instead of competing with others focused on being a better version of themselves?

It would change the world because if we know ourselves, we would be better people. Still, without comparing ourselves to someone else, because we would be at peace, without the need to control others, because we do not compare ourselves, we do not compete, we are going to live and leave other people live.

Third interview

Why do people compete?

They want to compete because they want to be the best, so they compete because are trying to see what are their limits, or actually competing because people are improving their self, you can compete with someone, the person wants to be better than you.

Is it like were you comparing with the other ones?

Yes they comparing but for me, it was in the right way, for me it was not like jealousy, it is like inspiring, it is like a person can do something so I can do it as well, maybe I can do it better, so I need to try, competition is like a game, people can have the same limits, in the end, should be just one to win.

People are competing all the time; they compete from the kindergarten; for me, this kind of motivation, this motivates me to be better and better.

So you said something about kindergarten

Do you think this a natural behaviour?

Yes, it is a subconscious, because children can't see everything from their parents and they take this when people are competing, even like before, like centuries ago when American /Russia they are competing, they wanted to prove which was the best, they were two powerful countries

Ok let's go back and let's be more specific in the competition, let's do smaller this, forget about the work competition, among your friends, in your atmosphere, in your social life.

Do you think is there competition in your social life?

I think yes, but in social life, I don't want to compete with my friends, they can be better than me. I can be better than they, in the competition you can cross the line in the competition, is a positive if you cross the line, for me is ok if I won or if I lose, but not for another people, sometimes is hard to accept this, you can actually destroy the relationship, so like now in the social life I'm, not competing with my friends, I just want to be the best for me, before I used competing in the university at the school, but no in the social life, because if you compete in the social, this could get a lot of hate. I think people only understand wrong because they can't accept to lose and they will become jealousy and different bad things.

Ok, you don't compete, but do you have some situation where someone has anyone ever competed with you in your social life?

Yes, some friends tried to compete with me, this was kind of uncomfortable, but if they want to compete with me, they can do it, they can be better, I don't want to compete with them because they can't destroy the friendship, at least I don't cross the line, if they want to compete with me and cross the line, they can ruin the friendship.

Have you lost a friendship cause the competition cause the envious?

I have not, but I went through for many similar circumstances.

Fourth interview

Why do you think people compete?

I think because we are human and we want to be better than other people and sometimes they also want to reach some goals to feel better people because when they reach those goals they like to say oh you see I am better, it is also that we are human beings and it is something instinctive.

What do you feel when you compete?

It doesn't depend in general on us human beings. We want to be better, sometimes we want to be better than other people

Do you think we realise it when we compete?

I think that sometimes and sometimes not, we are not robots, but I think that sometimes we do things without realising it, also society has a lot to do, sometimes we do things for acceptance.

Do you believe that social competence exists?

Yes, of course, I am now 26, and we are at the age where everyone wants to compete, some are already getting married, the most expensive ring, the best dress, the best boyfriend. Among women in society, they compete for who will marry first or who will have the most expensive wedding.

Have you ever felt that someone has competed with you in your social life?

Yes, it happens very often.

Do you think they realise when they compete?

Sometimes yes, sometimes no, sometimes your parents tell you that you have to share things, that you have to be the best at everything, I have to be the best because my parents told me

It's as if you were programmed since your childhood?

Yes, I think that's the story of all people.

Have you ever lost a friend to the competition?

I think that if we lose a friend because of competition, it is not a real friend, a friend should be happy for you, for example, my best friend when I told her I was coming to Dublin, she was happy, a friend should be grateful for what is happening to you.

Last year I was in Paris, and I had a Mexican friend, and she was always trying to compare herself with me, she told me I could keep your perfume, I could keep your dress, I started to realise that she was jealous of me.

What do you do when you are jealous of the other person?

At first, you don't realise it but then I felt very disappointed, and sad because she started competing with me, I thought she was my friend and very sad to lose someone you think is your friend, she was looking like a competition or something, because she was doing things like, because you have this and I don't, it was a bad thing

Have you ever compared yourself to someone else?

I don't think so. I am grateful for what I have in my life, maybe I am luckier, maybe I am not as lucky as someone else, but I am thankful for what I have, I don't like to compare myself because as I just told you, every person has their own life story, I am not happy with what I have, with my family with my friends.

In high school they used to compare me to a friend, they told us that we looked a lot alike.

Have you noticed what happens when you stop competing?

I think you are a happier person because for the society I am going to live my life, no matter what people think about me, I am enough person for society, for my parents, for my friends, I am going to live my life no matter how I am living it, how I am going to be able to live in this world, it is only going to be me because I am the most important person.

Fifth interview

What do you think people compete?

I think as Human being, we compete all the time, I believe there is some kind of points they don't say, I mean a lot of adults are doing, they are fighting against others, they feel insecurities in life, and they feel these kinds of feelings, it happens from their childhood, the childhood it wasn't right for them, so, in my experience, I can say, I was fighting, I was competing every time, I was trying to be, trying to show up to the society, I can do it everything, I can fight like others.

Are you saying the reason people compete is because they have issues, childhood issues?

I think so

What do you feel when you compete?

In the past when I was doing this kind of situation, I could say I feel at the moment, it was very good, I could feel as I was more important than the others, can handle this kind of emotions, happiness, I could say, but when you realise at the end of the day it is not really happiness, is just the mask, is just the kind of face than you use to try to please the others.

When you are doing this, when you are competing, when you are among your friends, among social meeting when you are doing that, you feel good, you feel important, there is something push yourself to do it because of those feelings, its like necessity.

Yes, exactly, there is a kind of feeling that you have and you should do it, you know, you should show up this kind of actions, you need to, but the thing is the moment you don't realise.

You said something important; you don't realise when you do that, do you think people don't realise

They are not conscious, but at the end of the day when you are alone, you are just with yourself, you realise that was not you, it was another person

We can say when you are with yourself, and you don't need to compete, you don't need to show up anything, and you realise what did you do, is when you realise and you said, what Did I do that? Can you ask yourself? You are in the middle of the night in your room, do you ask yourself, what did I do that?

Yes, there is a situation where you are alone, you are on your bed, at night and you are maybe, you are thinking, and suddenly something appears in your mind and tell you what did you do that, what did you act like that, that is not the real person you are, in the beginning, you don't listen to, you say yourself, come on, it is just life, you try to avoid what you did, you don't think about that, but the problem is when you are doing it, you believe yourself, maybe the problem is on me.

You said people try to showing up, they use a mask to show off in front of the people, to try to be the best, to take de attention, what happened, what did you feel when somebody else takes the attention?

It is a kind of emotion, I have not really the way to describe, but I consider...definitely was a negative feeling, because.. it is kind of fear, you don't want. Kind of jealous, maybe you cant feel than you are not necessary, you can feel people try to put you away.

Is there is a point during the meeting where you can feel like offence or uncomfortable?

Yes, there is a point during when somebody tries to show off, you can feel kind of that.

But now I could say that it is nor necessary to be the best, the worse part of this is when you are trying to be the best you hurt the others because you don't care what you have to do the best, and now you still try to be the best but is not necessary to hurt another one

What do you feel when you compete?

At the moment it was very good, but when the situation end and you realise at the end of the day about all those emotions go out.

What would happen if instead of competing with the others you focus in improve your self?

Yes, I think I could avoid a lot of negative emotions, and I could work more on myself, my goals, and I don't need to worry about other opinions, I could work in achieving my goals.