

Revised:

Lastly, teenagers who experience stress from competition will be better prepared to cope when they encounter similar pressure later in life. Competition grows more intense as teenagers get older, and some easily adjust to the stress.

However, a student who never experiences that incremental growth of pressure caused by increased competition will become overwhelmed or distressed when they are older and have to compete for jobs or other important opportunities.

For example, a teenager who campaigns and fights fiercely against their peers to become high school class president won't have any difficulty dealing with stress from competition as an adult because they will already have had that experience. They will fret about losing and be forced to deal with opposing candidates. As the election grows nearer, they will put in a huge number of hours making posters and other propaganda and have the tough job of convincing

skeptics that they are the best person to lead their student government. It will be stressful, time-consuming, and maybe even desperate, but no matter whether or not the presidential hopeful wins or not, they will have learned vital skills in coping with pressure. The stress management skills teenagers gain from engaging in petty competition is invaluable in preparing them for the intense pressure they will undoubtedly experience as adults.