**Competition for high grades seriously limits the quality of learning at all levels of education.**

There are a lot of ways to encourage students to study. Some scholars believe that this kind of encouragement may make some boundaries that decrease the quality of study in all aspects. This subject contrasts with my attitude, and I think if that competition is held in the correct way, it has a lot of advantages that outweigh the disadvantages of that. In the following, these advantages are discussed

Firstly, having competition in universities and between students makes them try harder and increase the level of science rapidly. For example, big companies every year held many games in universities all around the world and conferred gifts and presents to champions who win the competition. They try to bring their problems in the design and production process as small ones to big ones to use the thinking of the students to solve them. They save a lot of money and solve their problem in this way every time they are stuck in a crisis.

Furthermore, everyone knows that having competition can make that community dynamic, and people in such social situations are going to improve themselves, which results in enhancing university, and after that country's progress, This is one of the significant ways that psychologist tells to the patients who suffer from depression to free them from that atmosphere. They tell them you should start some challenges with something or someone and try to hit them and as researches proves a lot of patients were gain their life back by doing this work and using this solution, So competition have this mental advantage too.

However, competition may have some defects too. For example, if the level of pressure in a competition is too high, it may bring disappointment for some students who confront mistakes or loses or decrease the sense of helping each other. In some aspects, if the pressure of competition was too high and the person suffered from that atmosphere, competition may reflect bad results and takes the person to the hospital, so at this situation, doctors recommendation is being far away from that space.

Finally, competition has advantages and disadvantages like any other subject in the world. Totally, advantages of competition can overshadow the opposite side, and people can see the benefits of this sense in any aspects of their life, but they should be cautious about being intemperate because extravagance can undermine the advantages of every beneficial thing in the world