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In this essay, with a very sensitive topic, I would like to raise the question of conformity.

Conformity — a change in a person's behavior or opinion under the influence of real or imagined pressure from another person or group of people. Often, the word conformism is also used as a synonym. In other words, this can be called the pressure in the modern world.

Every day a person meets certain obstacles on his way of life. In particular, the greatest percentage of personal problems is created by pressure, mainly social. A person is naturally concerned about someone's opinion from the outside. "What will people think?"- probably the most asked question.

I believe that on the one hand, public pressure plays an important role. For example, it does not allow many not quite adequate individuals to go beyond the bounds of decency, because if you do not observe basic moral principles, the world will roll into chaos.

On the other hand, public opinion can be too assertive, and it is difficult for those who are timid to get into their comfort zone when they really need to go out there. For example, to do what you love, without fear of ridicule from others; wear clothes that are comfortable, not those that "need to be".

To sum up, based on personal experience and many stories from the lives of other people, I can say that the level of pressure in our world is quite high. I believe that only when people's consciousness and mentality reach a new level of awareness can we achieve the most comfortable level of social pressure on others.

Unfortunately, this phenomenon cannot be completely eradicated. But everyone can decide for themselves whether to allow this pressure to affect them further, or to radically change their attitude to it. To realize that life is too short for us to care about someone's unnecessary opinion.