Title: Why do options put more pressure on the price (to go up) than stocks?

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Here in the gme forum some people say that options do more pricepressure to go up than buying stocks, but i dont understand why, can someone explain me please?

My thoughts were: there is a buyer of a call option and a seller. If the option is ITM or OTM, at the end there are the same numbers of shares

If the buys of a call option buy the stock, then he has it, if he dont buy the call option, then the seller stays with his shares.

So i dont understand why it gives a price pressure, is it because the seller of the call option dont can sell his shares until the call contract is over or what?