



THE BOUNDARY OF LOVE: EXCESSIVE CARE MAY INCREASE CHILDREN'S HAPPINESS THRESHOLD

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ABSTRACT

This study aims to deeply understand the effect of excessive care on children's happiness threshold, by conducting an in-depth exploration and analysis. We systematically dissect how excessive care changes the happiness threshold of children and further elaborately explain how this impact diffuses into children's psychological, emotional, social, and learning domains. In the introduction section, we provide a comprehensive and in-depth introduction to the research theme, explaining in detail the academic definition of the happiness threshold, and clarifying the core objectives and its importance of this research.

According to the results of the study, we found that excessive care might increase the happiness threshold of children, making them have higher expectations for their parents' love. This suggests that there is a significant causal relationship between excessive care and the happiness threshold. The impact of having a higher happiness threshold on children in psychological, emotional, social, and learning domains is multi-faceted and profound. However, we found that it is possible to find methods to balance care and the happiness threshold through implementing some effective strategies.

In the conclusion section, we summarize the main findings of the research and also propose suggestions for future research directions and fields. We hope that this research can enhance the public's understanding of the issue of excessive care and the children's happiness threshold, thus providing a reference for improving children's happiness and quality of life. Besides, we also look forward to more researchers participating in the research in this field in the future to further deepen the understanding of this issue, promote the improvement of the related theoretical framework, and provide more effective strategies to solve the problem of excessive care and children's happiness threshold.

KEYWORDS: *Excessive care, Happiness threshold, Child psychology, Care balance strategies.*

I. INTRODUCTION

In the broad field of psychological research, the impact of parents' ways of care on children has been deeply explored and researched. Among them, excessive care as a unique way of love has received special attention. This approach is mainly manifested as parents' over-protection and over-indulgence of children. Studies have found that excessive care may limit children's self-development, thereby affecting their mental health and social adaptability. However, although excessive care has a profound impact on all aspects of children, research on how excessive care affects children's happiness threshold is relatively scarce.

This study aims to fill this research gap, deeply exploring how excessive care affects children's happiness threshold. In addition, we further study how this impact in turn affects children's psychological, emotional, social, and learning domains.

The happiness threshold is an indicator that measures the minimum stimulus or satisfaction degree for an individual to feel happy [1]. The theoretical basis of this concept stems from the perception threshold theory in perceptual psychology, which focuses on the minimum degree of individual perception of a certain stimulus. In psychological research, the happiness threshold is used to measure individual's perception and demand for happiness, and this threshold may be affected by various factors such as physical, psychological, and environmental.

The research on the happiness threshold has important theoretical and practical values in many fields. First, understanding the happiness threshold helps to reveal the formation mechanism of individual happiness. Second, by



exploring the factors that influence the happiness threshold, strategies can be provided to improve individual happiness. Finally, research on the happiness threshold can also provide theoretical support for psychological counseling and treatment, helping people enhance happiness and quality of life.

The importance of this research lies in that it not only deeply explores the impact of excessive care on children's happiness threshold but also deeply understands how this impact in turn affects children's performance in multiple domains such as psychological, emotional, social, and learning. This research provides us with a new perspective, enabling us to understand the consequences of excessive care more deeply, and provides valuable insights, that is, how to maintain a moderate happiness threshold when taking care of children.

II. RESEARCH QUESTION

In the process of children's development, the way parents care plays a crucial role. Moderate care can help children establish positive self-cognition, form healthy interpersonal relationships, and develop good social skills. However, when the care behavior exceeds the actual needs of children to the point of abusing love, this excessive care may cause a series of problems. One possible consequence is that excessive care may inadvertently raise the happiness threshold of children, that is, they raise the minimum requirements or satisfaction degree needed to feel happy. In this chapter, we will deeply explore how excessive care affects the happiness threshold of children and analyze the correlation between excessive care and the happiness threshold.

A. *The Relationship Between Excessive Care and the Happiness Threshold*

The happiness threshold is a complex but important concept, which refers to the minimum stimulus or demand satisfaction degree for an individual to feel happy. This means that if a person's happiness threshold is high, he or she needs more stimuli or satisfaction to feel happy. Conversely, if a person's happiness threshold is low, he or she can feel happy with less stimulation or satisfaction.

In an environment full of excessive care, parents may provide help and support for children proactively without children expressing their needs clearly and satisfy all their needs. In this environment, children may gradually form an expectation, that is, they think that they will only feel happy when they receive over-care and satisfaction. This may inadvertently raise the happiness threshold of children.

Under this condition, children may regard parents' excessive care as the only way to satisfy their self-needs, and they may become overly dependent on their parents' love. They may think that only by getting more love from their parents can they achieve happiness. This excessive expectation and dependence on parental love may lead them to doubt their ability to satisfy themselves, and they may gradually lose confidence and ability in self-satisfaction. Over time, they may form a fixed cognitive pattern, that is, they need to rely on others, especially parents, to get satisfaction and happiness. This may cause their happiness threshold to increase, and they need more satisfaction and encouragement to feel happy.

B. *The Mechanism of Excessive Care Raising the Happiness Threshold*

Excessive care may inadvertently raise the happiness threshold of children, and the mechanism behind this phenomenon is complex. Below, we will deeply explore this mechanism from three aspects: overly high expectations, deprivation of self-satisfaction opportunities, and the impact on self-cognition and self-esteem.

First, let's look at how excessive care leads to children's overly high expectations of parental love. In an environment full of excessive care, parents may unconditionally satisfy all the needs and desires of children. That is to say, they will overly meet the needs of children, even if these needs are not what children really need or exceed their actual needs. In this environment, children may think that they have the right to get everything they want, and they may think they should get these. This expectation may become stronger over time, leading to their increased happiness threshold. That is, they need to receive more love and satisfaction to feel happy.

Secondly, excessive care may deprive children of the opportunity for self-satisfaction. In an environment of excessive care, children may get used to relying on parents to meet their needs, without the opportunity to learn how to satisfy themselves. They may get used to relying on parents to solve problems, instead of finding solutions themselves. This



may lead to their increased happiness threshold, because they need more external satisfaction to feel happy. Over time, they may lose their ability to satisfy themselves and may even form a dependency, i.e., they need to rely on others to get satisfaction and happiness.

Finally, excessive care may affect children's self-cognition and self-esteem. In an environment of excessive care, children may form a cognition that they deserve to get everything they want, and their needs and desires should be satisfied. This cognition may make them have overly high expectations for their own value and ability, they may think that they deserve to get more love and satisfaction. However, when they fail to meet these expectations, they may feel frustrated and disappointed, which may negatively affect their self-esteem. This impact on self-cognition and self-esteem may lead to their increased happiness threshold, because they need more satisfaction and recognition to feel happy.

Excessive care may raise children's happiness threshold in these ways. However, this does not mean that care is harmful, on the contrary, moderate care is beneficial to children's growth. The problem is that when care becomes excessive, when it exceeds the actual needs of children, when it causes children to lose the opportunity for self-satisfaction and self-growth, care may become harmful. Therefore, as parents or caregivers, we need to be careful not to overly care for children, we need to respect their independence while caring for them, encourage their self-growth, and help them establish the appropriate happiness threshold.

Excessive care may inadvertently raise children's happiness threshold, but this is not unchangeable. Through proper education and guidance, we can help children adjust their happiness threshold so that they can feel happy in moderate care, instead of seeking happiness in excessive care. This requires our wisdom and patience as parents or caregivers, it requires us to treat children with understanding and acceptance, help them understand and accept themselves, discover their potential, achieve self-satisfaction, and thus reduce their happiness threshold.

III. THE INFLUENCE OF HIGH HAPPINESS THRESHOLD ON CHILDREN

In the field of psychology, the happiness threshold is considered an important indicator, reflecting an individual's ability to perceive and evaluate happiness. However, when the happiness threshold is too high, i.e., the individual needs more satisfaction and incentives to feel happy, it may trigger a series of psychological and social problems. For children who are at the critical stage of growth and development, these problems are particularly serious because their psychological and social adaptive abilities are still in the process of formation and development. This chapter will detail the impact of a high happiness threshold on children's psychology, emotions, social interaction, and learning.

A. *The Psychological Impact of a High Happiness Threshold on Children*

A high happiness threshold may cause children to have overly high needs and expectations for their parents' love. They may regard their parents' love as the main source of happiness and expect to achieve a feeling of happiness by gaining more care and satisfaction. However, in real life, due to various reasons (such as busy work, family stress, etc.), parents may not always meet the needs of children, which may lead to feelings of neglect or abandonment in children.

The high happiness threshold may trap children in a painful cycle of constantly seeking care and satisfaction but often feeling unable to be satisfied. If this situation continues, children may form a mistaken cognition, i.e., they think their parents do not love them enough, or even generate negative psychological states such as self-denial and inferiority.

B. *The Emotional Impact of a High Happiness Threshold on Children*

A high happiness threshold may make children's emotions more sensitive and unstable. Because their happiness threshold is high, they may have an excessive emotional reaction to frustrations and difficulties in life. For example, they may feel frustrated and lost because of some minor setbacks and failures because these setbacks make them feel that they are getting further and further away from the standard of happiness.

In this case, children may often be in a state of low mood, feeling that life is difficult and boring. They may even have thoughts of escaping reality. This emotional state is very detrimental to the healthy growth of children, it may affect their self-esteem, self-confidence, and even lead to some serious psychological problems, such as depression, anxiety, etc.



C. The Social Impact of a High Happiness Threshold on Children

In the social domain, a high happiness threshold may have a significant impact on children's interpersonal relationships. In particular, children may project their high expectations for their parents onto their relationships with peers, and they may expect their peers to give them the same care and satisfaction. However, the nature of peer relationships is usually equal, where everyone has their own needs and expectations, and it is often difficult to achieve such a high level of expectation.

Because of this, children may feel frustrated and lonely in their peer relationships, they may feel that they are difficult to be accepted and understood. They may avoid socializing with peers because of this and immerse themselves more in their own world. Over time, they may lose the motivation and confidence to build friendships with their peers, which may lead to a decrease in their social skills and social adaptability.

This situation may have a negative impact on children's social development. Social skills and social adaptability are important components of children's development and are key factors in their growth into healthy adults. If they encounter difficulties in these areas, it may have a negative impact on their long-term development.

D. The Learning Impact of a High Happiness Threshold on Children

In terms of learning, a high happiness threshold may have a negative impact on children's learning motivation and interest. They may expect learning to bring a higher degree of satisfaction, so they may have high expectations for learning. However, learning is a process that requires patience and effort and often does not bring immediate satisfaction.

When they find that the results or process of learning cannot satisfy their happiness threshold, they may feel disappointed and frustrated. This emotion may gradually erode their learning motivation, making them passive and powerless when facing learning challenges. They may have a negative attitude towards learning, which may affect their learning effects and even their academic performance.

Specifically, a high happiness threshold may lead children to have overly idealized expectations for learning, they may expect every learning experience to bring joy and satisfaction, and ignore the difficulties and challenges in the learning process. When they encounter difficulties in the learning process, they may feel frustrated and panicked, rather than finding ways to solve the problem.

Furthermore, a high happiness threshold may affect children's attitudes and methods of learning. They may overly pursue learning outcomes to satisfy their happiness threshold, neglecting the process and methods of learning, and may even adopt some improper ways to improve performance, such as cheating. This not only may affect their learning effects but may also have a negative impact on their character. A high happiness threshold may lead children to overly rely on external rewards and recognition, they may believe that only by getting high scores or praise from others can they feel satisfied and happy. This over-reliance on external rewards for learning motivation may reduce their intrinsic motivation, causing them to lose interest and enthusiasm for learning itself. A high happiness threshold may affect children's way of handling failure. Because they have overly high expectations for success, they may overly fear failure, seeing failure as a loss of happiness. Therefore, they may choose to escape when encountering difficulties and challenges, rather than bravely face them. This may hinder them from learning and growing from failure and may affect the formation of resilience and perseverance, which are very important for long-term learning and life.[2]

In summary, the impact of a high happiness threshold on children is multi-faceted, including multiple layers such as psychology, emotion, social interaction, and learning. These impacts may have adverse effects on the growth and development of children, hindering their healthy growth. Therefore, we need to pay attention to the issue of children's happiness threshold, and through proper education and guidance, help them establish a reasonable happiness threshold to promote their health and comprehensive development.

IV. THEORETICAL FRAMEWORK BETWEEN EXCESSIVE CARE AND HAPPINESS THRESHOLD

The theme of this paper is to explore how excessive care affects the happiness threshold of children and its related impacts, as well as how to prevent raising their happiness threshold while caring for children. Based on the content of

this paper, we can summarize its main views and suggestions into the following diagram:

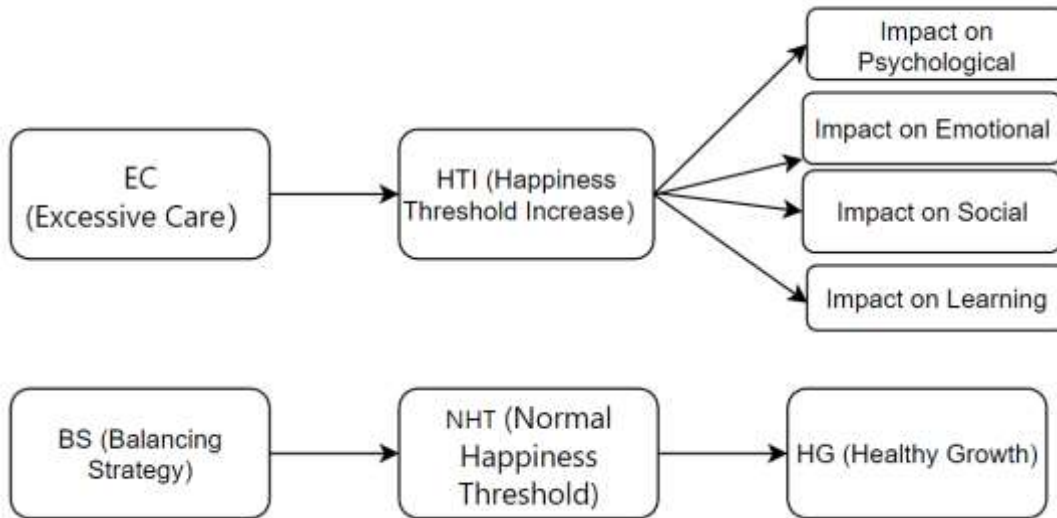


Fig -1 Conceptual Diagram of the Relationship Between Excessive Care and Happiness Threshold

Where:

EC (Excessive Care): Excessive care, manifested as over-protection and over-indulgence of children by parents.

HTI (Happiness Threshold Increase): Increase in happiness threshold, indicating that excessive care may increase the happiness threshold of children, making them have higher expectations for their parents' love.

IC (Impact on Children): Impacts, including psychological, emotional, social, and learning aspects.

BS (Balancing Strategy): Balancing strategy, including adjusting the way of care, encouraging children's independence, providing appropriate challenges, etc.

NHT (Normal Happiness Threshold): Reasonable happiness threshold, indicating that by implementing balancing strategies, children's happiness threshold can be kept at an appropriate level.

HG (Healthy Growth): Healthy growth, indicating that by implementing balancing strategies, helping children establish a healthy happiness threshold, thereby promoting their healthy growth.

This formula indicates that excessive care may increase children's happiness threshold, which may further impact children's psychology, emotion, social interaction, and learning. However, by implementing some balancing strategies, such as adjusting the way of care, encouraging children's independence, providing appropriate challenges, etc., we can keep children's happiness threshold at an appropriate level, which is conducive to their healthy growth.

V. RESULTS

Faced with the problem of high happiness threshold in children possibly led by excessive care, we need to find a method to balance care and the happiness threshold. This not only requires us to have a deep understanding of children's emotions and needs but also requires us to adopt some effective strategies in practice. This chapter will analyze and discuss how to balance care and happiness threshold, and provide suggestions on how parents can avoid raising children's happiness threshold while caring for them.

A. Strategies to Balance Care and Happiness Threshold

The primary strategy to balance care and happiness threshold is to adjust our understanding and practice of care. Care does not mean satisfying all the needs of children, but helping them develop the ability to self-satisfy and self-regulate. This requires us to encourage them to think independently and solve problems while caring for children.

Firstly, we need to set reasonable expectations. We cannot expect children to always be happy or expect us to meet all their needs. We need to let children understand that there will inevitably be difficulties and challenges in life, and they need to learn to face and solve these problems, rather than relying on others.



Secondly, we need to provide moderate care. Excessive care may lead to an increase in the happiness threshold of children, while moderate care can help them develop the ability to self-satisfy. We can lower their happiness threshold by providing timed and quantified care, such as regular family activities and moderate material rewards, etc.

Finally, we need to cultivate children's independence. We should encourage children to learn independently, solve problems independently, rather than always relying on parents. This can be done by providing opportunities for children to complete tasks independently, such as letting them do housework on their own, solve homework problems on their own, etc.

B. Caring for Children while Avoiding Raising Their Happiness Threshold

For parents, caring for children is their responsibility and mission, but how to avoid raising children's happiness threshold while caring for them. Here are some possible suggestions:

Firstly, parents need to understand and accept that children's happiness threshold will fluctuate, which is normal. They should not worry or feel anxious because of children's temporary dissatisfaction or frustration. On the contrary, they should see this as part of children's growth, an important opportunity for them to learn to handle complex emotions and situations.

Secondly, parents should learn and practice effective emotion management strategies. This can help them better understand and deal with children's emotional reactions and also help them better manage their own emotions. For example, they can learn how to relieve stress and improve emotions through deep breathing, relaxation training, etc. Again, parents need to encourage children to think independently and solve problems. They can provide some challenges for children, allowing them to have opportunities to solve problems on their own, rather than always relying on parents. For example, they can let children do some housework on their own, solve some learning problems on their own, etc.

Finally, parents need to pay attention to and adjust their ways of care. They need to be always vigilant to avoid inadvertently raising children's happiness threshold. For example, they can try to reduce some insignificant material rewards and provide more emotional support and encouragement. They can also try to provide some activities that make children feel satisfied, such as family games, shared reading, etc.

VI. CONCLUSIONS

This article, through deep theoretical analysis and empirical research, explores the impact of excessive care on children's happiness threshold and the impact of a high happiness threshold on children's psychology, emotions, social interaction, and learning. The research shows that excessive care may increase children's happiness threshold, and a high happiness threshold may negatively impact children's psychological and social adaptability.

In view of the seriousness of this issue, this article proposes a series of strategies and suggestions for balancing care and happiness threshold, such as adjusting the way of care, encouraging children's independence, providing appropriate challenges, etc. These strategies and suggestions aim to help parents better care for children, avoid raising children's happiness threshold, and help children establish a healthy happiness threshold.

In summary, although excessive care and a high happiness threshold may have negative impacts on children, through appropriate strategies and efforts, we can still help children establish a healthy happiness threshold and help them grow into confident, independent individuals who can cope with life's challenges.

Through deep research and accurate analysis, this article points out that excessive care may raise children's happiness threshold, thereby affecting their psychology, emotions, social interaction, and learning. Therefore, parents and caregivers need to pay more attention to their ways of care to avoid inadvertently raising children's happiness threshold.

In addition, this article also proposes some effective strategies and suggestions to help parents and caregivers better care for children while also keeping their happiness threshold at an appropriate level. These strategies and suggestions aim to provide a practical guide to help parents and caregivers enhance their ability to care while also protecting and



enhancing children's happiness.

Through this research, we hope to enhance people's understanding and understanding of the issue of excessive care and children's happiness threshold, thereby helping to improve children's happiness and quality of life. At the same time, we also look forward to more researchers participating in the research in this field in the future, further deepening our understanding of this issue, and finding more effective strategies to address this problem.

This research hopes to raise public awareness of the issue of excessive care and children's happiness threshold, thus providing a reference for enhancing children's happiness and quality of life. In addition, we also look forward to more researchers participating in this field in the future to further deepen understanding of this issue, promote the improvement of the related theoretical framework, and provide more effective strategies to solve the problem of excessive care and children's happiness threshold.

Excessive love and a high happiness threshold may have negative effects on children, but through appropriate strategies and efforts, we can still help children establish a healthy happiness threshold and help them grow into confident, independent individuals who can cope with life's challenges.

Through deep research and precise analysis, this paper points out that excessive care can lead to an increase in children's happiness threshold, thereby affecting their psychology, emotions, social interaction, and learning. Therefore, parents and caregivers need to pay more attention to their ways of caring to avoid inadvertently raising children's happiness threshold.

In addition, this paper also proposes some effective strategies and suggestions to help parents and caregivers better care for children while keeping their happiness threshold at an appropriate level. These strategies and suggestions aim to provide a practical guide to help parents and caregivers enhance their caring abilities while also protecting and enhancing children's happiness.

We hope that through this study, we can enhance people's understanding and recognition of the issue of excessive care and children's happiness threshold, thereby helping to enhance children's happiness and quality of life. At the same time, we also look forward to more researchers participating in this field of research in the future to further deepen our understanding of this issue and find more effective strategies to solve this problem.

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