



THE PATH TO HAPPINESS: FREEDOM FROM THE SHACKLES OF EXTERNAL EXPECTATIONS

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Article DOI: <https://doi.org/10.36713/epra13761>

DOI No: 10.36713/epra13761

ABSTRACT

External expectations come from family, society and other aspects, which widely exist and have a great impact on individuals. This study explores how external expectations influence individual well-being and ways to reduce the impact of external expectations. The results show that external expectations can be generated through social comparison theory and belonging needs, and affect individuals through pressure and restraint. In order to achieve true inner happiness, individuals need to redefine the standard of happiness and enhance their sense of autonomy and psychological resilience. Reducing the impact of external expectations is not only conducive to the realization of inner happiness of individuals, but also conducive to the positive progress of society. To achieve happiness, individuals need to change their concepts and improve their mental toughness, in addition to changing external conditions. This study provides a new perspective on the realization of individual self-actualization.

KEY WORDS: External expectations, Happiness, Self-realization Self-actualization, Autonomy, Psychological resilience

I. INTRODUCTION

With the rapid development of globalization and information technology, people's pace of life is accelerating, and the pressure of competition is increasing. In this context, the influence of external expectations is gradually becoming prominent, and more and more people are subject to expectations from family, friends, colleagues, society, etc. These expectations have an important impact on individual happiness. However, paying too much attention to external expectations may lead individuals to ignore inner needs, thereby affecting their well-being. Therefore, it has become an issue worthy of attention to discuss getting rid of the shackles of external expectations in order to pursue true happiness.

The purpose of this study is to analyze the impact of external expectations on individual well-being, explore how to get rid of the shackles of external expectations to achieve real individual happiness, and the necessity of reshaping the concept of happiness. Studies have found that getting rid of the shackles of external expectations not only helps to improve individual well-being, but also promotes social harmony and progress. In order to achieve this goal, this paper first explains the concept of external expectations in detail, and analyzes the source and formation mechanism of external expectations. Then, this paper explores how external expectations affect individual well-being, and proposes practical ways to get rid of external expectations. Finally, the article summarizes the positive effects of getting rid of external expectations, and advocates a new concept and practice of happiness.

1.1. Research Purpose and Significance

The purpose of this study is to discuss the necessity of getting rid of external expectations and the necessity of reshaping the concept of happiness. In order to achieve this purpose, this

article will analyze from two levels of theory and practice. At the theoretical level, this article will explore the impact of external expectations on individual well-being, and analyze the theoretical basis for getting rid of external expectations. At the practical level, this article will propose a practical way to get rid of external expectations, and analyze the necessity of reshaping the concept of happiness. Through this research, this paper aims to provide theoretical guidance for individuals to pursue true happiness, while promoting social harmony and progress.

1.1.1 The need to get rid of external expectations

External expectations refer to the expectations of individuals from others or society, and these expectations may come from family, friends, colleagues, etc. Excessive focus on external expectations may lead individuals to ignore inner needs, thereby affecting their well-being. Therefore, the necessity of getting rid of external expectations is mainly manifested in the following aspects:

- A. Improve individual happiness. Getting rid of external expectations can help individuals focus on their own inner needs, thereby improving happiness. When individuals are able to get rid of external expectations and focus on their true inner needs, they will be more free to pursue their own values and goals, thereby improving their sense of well-being.
- B. Promote individual growth and development. Getting rid of external expectations can help individuals recognize their own strengths and weaknesses, and grow and develop according to their own characteristics and interests. Such a process helps individuals improve their self-identity, enhance their self-esteem, and thus promote their growth and development.



- C. Maintain individual mental health. Excessive attention to external expectations may lead to psychological problems such as anxiety and depression. Getting rid of external expectations can help individuals reduce psychological pressure, maintain a good mental state, and maintain individual mental health.

1.1.2 The Necessity of Reshaping the Concept of Happiness

In modern society, the concept of happiness is affected by many external factors, such as social values, cultural traditions and so on. These external factors may cause individuals to misunderstand happiness, thus affecting the individual's sense of well-being. Therefore, the necessity of reshaping the concept of happiness is mainly manifested in the following aspects:

- A. Improve the level of individual happiness. By reshaping the concept of happiness, individuals can realize that true happiness does not come from external expectations, but from inner satisfaction, which helps to improve the level of individual happiness.
- B. Promote social harmony and progress. When individuals can get rid of external expectations and focus on their inner real needs, they will be more free to pursue their own values and goals, thereby promoting social harmony and progress.
- C. Enhance the individual's ability to resist stress. Reshaping the concept of happiness can help individuals establish correct values, thereby enhancing their ability to resist stress. When individuals can understand happiness correctly and realize that happiness is not completely affected by external expectations, they will be more able to cope with the stress and challenges in life.
- D. Promote the development of happiness research. Reshaping the concept of happiness will help promote the development of happiness research and provide a new theoretical perspective and practical basis for happiness research. By reshaping the concept of happiness, researchers can explore the nature of happiness more deeply, so as to provide more beneficial happiness suggestions for individuals and society.

1.2 Explanation of the basic concepts of external expectations

External expectations refer to the social environment in which an individual lives, the expectations from others or groups on individual behavior, achievements, status, etc. External expectations usually include different types such as family expectations, workplace expectations, and friends' expectations. In order to better understand the impact of external expectations on individual well-being, this section will explain the basic concepts of external expectations.

Family expectations refer to the expectations of individuals from family members (such as parents, spouses, children, etc.). These expectations may relate to career choices, marital status, children's education, and more. Family expectations are usually out of love and concern for individual well-being, but excessive

family expectations may lead to increased individual stress and affect their sense of well-being. In many families, parents may place high expectations on their children's academic, career and married life, hoping that their children can become pillars of society. However, high expectations may put children under a lot of psychological pressure, and even affect their physical and mental health.

Among family expectations, marriage and children's education are two key factors. Parents usually hope that their children can find a suitable partner so that they can lead a happy life. However, this expectation may lead individuals to be overly cautious in choosing a partner, or even give up their own feelings and interests. Similarly, when it comes to their children's education, parents may have extremely high expectations for their children's academic performance and future prospects, which may cause children to feel overwhelmed when faced with challenges and stress. Excessive family expectations may cause individuals to lose balance in the process of pursuing themselves, thereby affecting their sense of well-being.

Workplace expectations refer to the expectations of individuals from the workplace (such as superiors, colleagues, etc.). These expectations may relate to job performance, job promotion, teamwork, etc. Workplace expectations are usually to improve work efficiency and team cohesion, but excessive workplace expectations may lead to excessive work pressure for individuals and affect their mental health and well-being. In the workplace, employees need to face various expectations from their superiors and colleagues, which may make them feel great pressure in the process of pursuing professional success.

Job performance and job advancement are two major areas of workplace expectation. Supervisors and colleagues usually expect employees to demonstrate excellence in tasks and projects so that they can bring more profits and development to the company. However, high expectations can lead to panic and anxiety in the face of challenges that affect employees' productivity. Similarly, in terms of job promotion, employees need to compete with others for limited promotion places in a highly competitive environment. Excessive workplace expectations may lead individuals to ignore their physical and mental health in the process of pursuing career success, thus affecting their sense of well-being.

Friend expectations refer to the expectations of individuals from the circle of friends. These expectations may involve participation in social activities, handling relationships, and lifestyle choices. Friend expectations are usually to maintain the stability of friendship and social circles, but excessive friend expectations may lead to confusion in the pursuit of self-worth and affect their sense of well-being. In the process of communicating with friends, individuals need to meet the expectations of friends in order to maintain good interpersonal relationships. However, excessive friend expectations may interfere with individuals' pursuit of self-worth and goals, thereby affecting their well-being.



In friend expectation, participation in social activities and handling of interpersonal relationships are two key factors. Friends usually expect individuals to be socially active so that they can share joy and support. However, excessive anticipation may cause individuals to feel stressed and exhausted when participating in social activities, thereby affecting their mental health. Likewise, when it comes to dealing with relationships, individuals are confronted with various expectations from their friends, which can make it difficult for them to deal with conflict and disagreement. Excessive friend expectations may cause individuals to lose their own values when maintaining interpersonal relationships, thus affecting their well-being.

Social expectations refer to the expectations of individuals from the general public and cultural traditions. These expectations may involve moral concepts, values, lifestyles, etc. Social expectations are usually to maintain social order and cultural traditions, but excessive social expectations may lead to conflicts in individuals' pursuit of self-worth and affect their sense of well-being. When facing social expectations, individuals need to follow certain norms and standards to avoid criticism and accusations from society. However, high expectations may lead individuals to limit their pursuit of self-worth and goals, thereby affecting their well-being. Ethics and values are two major aspects of social expectations. The general public usually hopes that individuals can follow certain moral norms in order to maintain social stability and harmony. However, high expectations may cause individuals to feel troubled and conflicted when faced with moral dilemmas. Similarly, in terms of values, the general public may have expectations of individuals' lifestyles and concepts, which may put them under pressure when pursuing their own values. Excessive social expectations may lead individuals to limit their pursuit of self-worth and goals, thereby affecting their well-being.

To sum up, external expectations are a diverse and complex concept, covering expectations of various types and levels. When analyzing the impact of external expectations on individual well-being, it is necessary to comprehensively consider various expectations and pay attention to their possible negative effects. Understanding the basic concepts of external expectations will help us to explore how to get rid of excessive external expectations in order to achieve real individual happiness.

In order to cope with and manage external expectations, individuals need to learn to remain calm and rational in the face of various expectations. First, individuals should realize that external expectations do not necessarily represent their true worth and abilities. Second, individuals need to learn to pay attention to their own needs and interests while meeting external expectations. This means that individuals need not to lose sight of their own values and goals while pursuing the expectations of others. In addition, individuals can try to communicate with family, friends, and colleagues to understand their expectations and express their needs and feelings. By establishing a good communication mechanism, individuals can better manage and balance external expectations.

2. The restriction of external expectations on individual well-being

External expectations refer to expectations from society, family, friends, or the work environment. These expectations may not align with the individual's values, goals, or needs, thereby affecting the individual's well-being. The restriction of external expectations on individual well-being is mainly reflected in the following aspects:

The expectation of career success . In modern society, individuals face many external expectations, such as career success, family harmony, and social status. These expectations often stem from cultural traditions, social institutions, and personal relationships. On the career front, individuals may have expectations from family, friends, and colleagues to excel at work, receive promotions, and raise wages. However, these expectations may lead individuals to neglect their own interests and abilities, and thus fall into jobs that are not suitable for them. In this state for a long time, it is difficult for individuals to obtain a sense of accomplishment and satisfaction, which in turn affects their sense of well-being.

Second, social status expectations . Social status is one of the important symbols to measure an individual's status in society. In modern society, individuals are often expected from all sides, requiring them to obtain a certain status and prestige in society. However, these expectations may lead individuals to excessive pursuit of fame and fortune, and even unscrupulous efforts to improve their social status. This approach is likely to make the individual lose himself, and ultimately lead to a decrease in happiness.

Third, the expectations of academic performance . Education is a process that every individual goes through. However, during this process, individuals may be subject to expectations from family, school and society. These expectations may put enormous pressure on individuals, making them pay too much attention to superficial achievements such as scores and rankings, while ignoring the real interest and potential exploration. Such an educational environment and growth process can hardly bring individuals a sense of accomplishment and self-confidence, and may instead affect their sense of well-being.

Fourth, the expectations of interpersonal relationships . In interpersonal communication, individuals also face expectations from others. These expectations may require the individual to display qualities of friendliness, warmth, and caring for others. However, if individuals cater to others excessively and suppress their true emotions in order to meet these expectations, it may eventually lead to individuals losing their true self and reducing their sense of well-being.

Fifth, the expectation of a perfect body . In modern society, body shape has also become the focus of many people's attention. Individuals may be expected by society and others to have a perfect body. However, paying too much attention to these expectations can lead individuals to over-diet, over-exercise, or even go to extreme weight loss methods. Such behavior not only fails to bring individual happiness, but may cause serious damage to their physical and mental health.



In the face of external expectations, individuals should learn to maintain independent and autonomous thinking, pay attention to their own needs and development, and seek a lifestyle that truly suits them. Only in this way can individuals find their own sense of happiness in this society full of expectations.

2.1 The source and formation mechanism of external expectations

External expectation is an expectation formed by individuals in the process of social interaction, which comes from multiple factors such as society, culture, and family. These expectations may affect the individual's behavior and psychological state through direct or indirect ways, thus exerting a restrictive effect on well-being. The sources and formation mechanisms of external expectations are discussed below.

2.1.1 Social comparison theory

Social comparison theory is an important theory for studying the formation of external expectations. According to this theory, people tend to evaluate their abilities and status by comparing themselves with others. In this process, individuals may unconsciously absorb the expectations and evaluations of those around them and form their own expectations. When these expectations conflict with the individual's inner needs and values, it is easy to generate dissatisfaction, which leads to a decrease in happiness.

Social comparison is not a fixed, objective process. On the contrary, it is affected by various factors such as individual psychology, emotion, and cognition. These factors jointly determine what information an individual pays attention to in the process of social comparison, how to interpret this information, and how to transform this information into their own expectations. Thus, social comparison theory provides important insights into our understanding of the formation of external expectations.

It is worth noting that the sources of information in the process of social comparison are very rich, including other people's words and deeds, media reports, advertising and so on. This information will be transmitted to individuals through various channels, thereby affecting the formation of their expectations. Therefore, when studying external expectations, we need to pay attention to these sources of information and their impact on individuals.

The scope of application of social comparison theory goes far beyond the level of individual psychology. In fact, it has extensive practical value in many fields such as society, culture, and economy. In these fields, the core idea of social comparison theory is that when people face various information, they will unconsciously adjust their expectations and goals with reference to other people's performance, status and resources. This process is highly competitive and imitative, causing individuals to ignore their own inner needs and values in the process of constantly pursuing higher and better things. This phenomenon is especially obvious in modern society, because the speed of information dissemination and various channels

make individuals more likely to feel uneasy and confused when faced with the pressure of social comparison.

2.1.2 Driven by identity and belonging

Identity and belonging are one of the basic human needs. To achieve this feeling, individuals tend to connect with others and seek their approval. In this process, individuals are easily influenced by the expectations of others, thus forming external expectations. Especially in a group environment, individuals tend to follow the group's expectations and norms in order to gain recognition and a sense of belonging.

However, excessive pursuit of identity and belonging may lead individuals to ignore their inner needs, thereby reducing happiness. For example, in order to meet the expectations of others, individuals may give up their own interests and hobbies, thus losing inner motivation and satisfaction. Therefore, identification and belonging drive can explain the restrictive effect of external expectations on individual well-being to a certain extent.

In addition, the drive of identity and belonging may also lead to individual dependence. When individuals become overly dependent on the approval and support of others, they may become overly sensitive to external expectations, thus falling into a vicious circle. In this case, individuals need to increase their sense of well-being by enhancing their self-awareness and self-worth and reducing their dependence on external expectations.

2.2 How external expectations affect individual well-being

External expectations affect individual well-being through various channels. These pathways are often interrelated and together form a complex network of influences. These impact pathways are described below :

2.2.1 Creating pressure and psychological restraint

First of all, external expectations often exist in the form of pressure, which puts individuals under enormous psychological pressure in the process of pursuing self-realization. This stress can stem from concerns about the expectations of others, fear of being judged, and uncertainty about the future. In order to meet external expectations, individuals may be overworked, sacrificing time for rest and recreation, resulting in physical and mental exhaustion and reduced well-being.

In addition, external expectations can also make individuals feel psychologically constrained and lose their freedom and autonomy. In order to meet the expectations of others, individuals may make compromises in behavior and give up their own values and beliefs. Individuals who are in this state for a long time are prone to frustration and helplessness, which leads to a decrease in happiness.

At the same time, the psychological impact of external expectations on individuals may also manifest as tension and anxiety. When individuals face escalating expectations, they may have doubts about their abilities, self-doubt and feelings of inferiority. These negative emotions can further reduce the



individual's sense of well-being and mental health.

2.2.2 Influencing values and behaviors

Second, external expectations can change an individual's values and behavior. In order to meet the expectations of others, individuals may give up their own interests and hobbies, and pursue success standards recognized by others. This behavior makes individuals lose their inner drive and reduces their sense of well-being.

At the same time, external expectations may also lead to contradictions and conflicts where individuals have inconsistent values. When an individual's internal values conflict with external expectations, they may become entangled and confused, which affects their sense of well-being. In addition, the conflict of values may also lead to individual hesitation and struggle in behavior, thus affecting the quality of life and work.

In addition, the influence of external expectations on individual values and behaviors may also be manifested as over-adaptation. In order to conform to the expectations of others, individuals may make compromises in values and over-fit social norms and expectations. This over-adaptation may impair an individual's ability to think independently and innovate, thereby affecting their well-being and personal growth.

To sum up, external expectations restrict individual well-being in many ways. In order to improve happiness, individuals need to get rid of the shackles of external expectations to a certain extent, and pay attention to their own internal needs and values. At the same time, society and family should also provide individuals with a relaxed environment for growth, and alleviate the restrictive effect of external expectations on individual happiness.

3. Practical ways to get rid of external expectations and reshape the concept of happiness

In order to get rid of the negative impact of external expectations on individual well-being, we need to start from four aspects: redefine the standards of success and happiness, enhance self-awareness and inner autonomy, establish positive psychological defense mechanisms, and shape a social environment conducive to happiness. These four aspects are described in detail below:

3.1 Redefining the Standards of Success and Happiness

In modern society, the criteria of success and happiness are often misinterpreted as external factors such as money, status and fame. This concept tends to lead individuals to pay too much attention to external expectations, thus affecting well-being. In order to change this status quo, we need to redefine the standards of success and happiness in the following ways:

1. Emphasize intrinsic values and core needs. Change the standard of success and happiness from external evaluation to the satisfaction of internal needs, and pay attention to the internal value and core needs of individuals to achieve a balance between self-worth and needs.

Second, the pursuit of self-realization and growth. Emphasis on the process of personal development rather than purely on results, encourages individuals to focus on self-realization and growth when pursuing success and happiness, and pay attention to the development of mind, intelligence and emotion.

3. Advocate a balanced lifestyle, and advocate that individuals take into account the overall development of mind, body and society in the process of pursuing success and happiness, so as to achieve balance in all aspects of life.

3.2 Enhance self-awareness and inner autonomy

To break free from the shackles of external expectations, individuals need to increase self-awareness and inner autonomy. Specific practice paths include:

1. Reflect on your own needs and values. Individuals should have a deep understanding of their own needs and values, and clarify their personal goals and pursuits, so that they can maintain independent thinking and judgment in the face of external expectations.

2. Improve self-identity. Individuals should learn to strengthen their own values and beliefs, and improve their sense of self-identity, so that they can maintain their positions and principles in the face of external expectations.

3. Cultivate self-regulation ability. In the face of external expectations, individuals should learn to regulate their emotions and behaviors, improve their psychological endurance, and thus reduce the impact of external expectations on well-being.

3.3 Establish a positive psychological defense mechanism

In order to maintain psychological balance in the face of external expectations, individuals need to establish a positive psychological defense mechanism. The specific practice methods include:

1. Cultivate an optimistic attitude. Learn to see the positive factors in life, and deal with the pressure brought by external expectations with a positive and optimistic attitude, so as to improve psychological adaptability.

2. Improve the ability to cope with stress. Individuals should reduce stress levels through exercise, meditation, etc., and improve their ability to cope with stress brought about by external expectations.

Third, establish an effective social support system. Individuals should establish a social support system such as relatives and friends, professional counseling, etc., to cope with the distress caused by external expectations, and obtain emotional support and psychological adjustment.

3.4 Create a social environment conducive to well-being

The realization of individual happiness is inseparable from the support of the social environment. To get rid of the negative impact of external expectations on individual well-being, we need to work together to shape a social environment that is conducive to well-being. Specific practice paths include:

1. Advocate respect for individual differences. Advocate diversified values, respect individual differences, encourage individuals to develop according to their own characteristics and needs, and avoid blind pursuit of external expectations.

- Second, pay attention to mental health education.



Improve the public's understanding of the concept of happiness, popularize mental health knowledge, and improve the individual's psychological quality when facing external expectations.

3. Improve relevant policies and systems . Improve education, medical care, social security and other policy systems to provide individuals with fair development opportunities and a good psychological environment, and reduce the impact of external expectations on individual well-being.

To sum up, getting rid of the influence of external expectations on individual well-being requires us to redefine the standards of success and happiness, enhance self-awareness and inner autonomy, establish positive psychological defense mechanisms, and create a social environment conducive to happiness. work together. Through these practical paths, we can gradually become free from the shackles of external expectations and achieve true happiness. In this process, both individuals and society need to constantly reflect and adjust to build a more harmonious, inclusive and conducive environment for individual well-being.

4. Conclusion and Outlook

In this article, we analyze the impact of external expectations on an individual's well-being and explore practical ways to move away from them. At the same time, we put forward a new concept and practice of happiness. In this chapter, we will summarize the positive impact of getting rid of external expectations on individuals and society, and look forward to future research directions.

4.1 The positive impact of getting rid of external expectations on individuals and society

First, getting rid of external expectations can significantly improve individual well-being. By redefining the standards of success and happiness and focusing on intrinsic values and core needs, individuals can better realize their self-worth and meet their needs, thereby improving their sense of well-being. This focus on inner values and needs helps individuals free themselves from excessive pursuit of external achievements and approval from others, and enables individuals to focus on what they really desire in their hearts, so as to obtain more lasting and profound happiness.

Second, getting rid of external expectations helps foster personal growth and development. Enhancing self-awareness and inner autonomy helps individuals maintain independent thinking and judgment in the face of external expectations. This independence enables individuals to better resist social pressure and the expectations of others, which is conducive to the overall development of individuals in terms of psychology, emotion, and behavior. In addition, independent thinking and judgment can also enable individuals to better balance their own needs and the requirements of the external environment in the process of personal growth, thereby achieving a more harmonious growth process.

In addition, getting rid of external expectations can help improve mental health. Establish a positive psychological

defense mechanism, improve the ability to cope with stress, reduce the risk of mental illness, and improve individual mental health. When individuals can get rid of external expectations, they will be more confident, optimistic and resilient, and thus more confident and powerful in facing challenges and difficulties in life. This positive state of mind helps individuals maintain good mental health and coping skills throughout life.

Finally, getting rid of external expectations can help build a harmonious social environment. Creating a social environment conducive to happiness and advocating respect for individual differences and diverse values will help build a more harmonious and inclusive social environment. In such a social environment, individuals can better reflect their own uniqueness and diversity in the process of pursuing self-worth and happiness, thereby promoting social progress and development.

4.2 Advocate a new concept and practice of happiness

In order to achieve the above positive impact, we propose the following new concept and practice of happiness:

First, we need to focus on internal needs and values. It is advocated to start from the inner needs and pay attention to the inner value of the individual in order to realize true happiness. This means that in the process of pursuing happiness, we need to pay attention to the individual's spiritual needs, personality development and emotional expression, not just material wealth and social status. By focusing on inner needs and values, we can better understand the real needs of individuals at different life stages, thereby improving individual happiness and life satisfaction.

Second, we need to pursue all-round development and balance. Encourage individuals to take into account the overall development and balance of psychology, physiology and social aspects in the process of pursuing happiness. This requires individuals to pay attention to the interaction and relationship with others, care about social and environmental issues while paying attention to personal wishes and goals, so as to realize the harmonious coexistence of individuals and society. Through the pursuit of holistic development and balance, individuals can make progress in all areas and achieve a more comprehensive and lasting sense of well-being.

Again, we need to focus on self-actualization and growth. Advocate self-realization and growth as the goal, and pay attention to the development of mind, intelligence and emotion. This means that we should strive to improve the quality of individuals' self-awareness, creativity, and emotional intelligence, so as to achieve continuous growth and progress in the process of continuous pursuit of self-worth. By focusing on self-realization and growth, individuals can better adjust their mentality and behavior in the face of challenges and difficulties, and achieve inner peace and satisfaction.

Finally, we need to strengthen our psychological quality and coping ability. Mental health education and other means are advocated to improve the individual's psychological quality and coping ability in the face of external expectations. This includes



developing qualities such as self-regulation, stress resistance and social skills in individuals so that they can better cope and adjust in the face of external expectations and pressures. By strengthening psychological quality and coping ability, individuals can better cope with challenges and changes in life, and achieve higher happiness and life satisfaction.

4.3 Outlook

In future research, we can conduct in-depth discussions from the following aspects:

First, cross-cultural comparative research. Discuss the influence of external expectations on individual well-being under different cultural backgrounds, and the practical ways to get rid of external expectations. This will help us better understand the happiness needs and pursuit patterns of individuals in different cultural backgrounds, and provide strong support for improving the level of happiness on a global scale.

Second, research on happiness intervention strategies. According to the characteristics and needs of different groups, research and formulate targeted happiness intervention strategies to improve the intervention effect. This will help us better help individuals cope with external expectations and improve their well-being and quality of life.

Thirdly, the exploration and practice of happiness education. Research on integrating new happiness concepts and practices into the education system to cultivate a new generation with happiness awareness and abilities. This will help us cultivate individuals with a healthy and happy outlook from the source, and lay the foundation for building a happier and more harmonious society.

Finally, policy and institutional innovation research. Discuss how to improve the policy and institutional environment to support the promotion and implementation of new concepts and practices of happiness. This will help us build a policy and institutional environment conducive to happiness at the national level, and create favorable conditions for the improvement of individual happiness.

4.4 Conclusion

Starting from the impact of external expectations on individual well-being, this paper explores the ways and significance of getting rid of external expectations. We put forward a brand-new concept and practice of happiness, in order to provide more beneficial guidance for individuals on the road of pursuing happiness. At the same time, we look forward to the future research direction, hoping to provide inspiration for the development of happiness research and the progress of society. In short, by getting rid of external expectations and focusing on internal values and needs, individuals and society can achieve a higher level of happiness and build a more harmonious and inclusive world.

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