

THE CHARACTERS' ATTACHMENT STYLE IN OUR BELOVED SUMMER (2021)

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ABSTRACT

Our Beloved Summer (2021) which depicts two main characters with different life backgrounds, mindsets, and attachment styles living a relationship. Choi Ung who grew up full of parental affection, while Kook Yeon Su who had no parental affection at all. This gives rise to several attitudes that describe how each character's attachment style is when living in a relationship. This study seeks to show how the attachment style of each character in this drama is by using the theory of Hazan and Shaver (1987) regarding adult attachment. This study states that there are 3 attachment styles, namely secure, anxious, and avoidant. This research concludes that the character of Choi Ung here is a safe figure while Kook Yeon Su is an anxious and avoidant figure.

Keywords: Attachment Style, Anxious, Avoidant, Secure, Relationship

INTRODUCTION

Our Beloved Summer (2021), called 그해우리는 (Geu Hae Urineun) in Korean starring Choi Woo Sik as Choi Ung and Kim Da Mi as Kook Yeon Su is one of the popular Dramas that still existed from the beginning on December 6, 2021. This drama is one of the most popular dramas to reach the top of the movie charts on Netflix, a paid platform for watching movies from around the world. This drama was only available on Netflix because it was produced by N Studio in close partnership with Netflix. It was ranked first for K-Content and fifth for Netflix's global rankings. Even after the final episode aired on January 25, 2022, the numbers remained strong for several weeks.

Choi Ung is described as a child who was 'discarded' by his parents and then found and then raised to adulthood by his adoptive parents. His adoptive parents loved Ung wholeheartedly, raising him sincerely and selflessly. Ung grew up to be a loving and caring child from his parents. His life seemed good because his parents always tried everything for his good. Until he finally grew up, he became the same person as his parents, full of affection. Meanwhile, Yeon Su, a child who doesn't know who her parents are. She lives with her grandmother alone. All she has is her grandmother. She is used to living a difficult life and taking everything into custody by himself. She tries her best to change his future. She is tired of living a difficult life. With this hard life, Yeon su also grew up to be a person who prioritized her logic. She avoids being too emotional. She felt that if he followed his heart, there would be no end. She chose to leave the person he loved so that he would not be hurt. She also restricts himself from interfering too far with other people's lives.

The pattern of relationship between parents and children in infancy and childhood greatly determines the pattern of personality and interpersonal relationships in adulthood (Segrin et al., 2013). These relationship patterns are emotional and cognitive sources that can provide opportunities for children to explore the environment and social life. This initial relationship begins from the time the child is born into the world, in fact, it started since the fetus is in the womb (Santrock, 1999).

The attachment relationship develops through the baby's experience with the caregiver in the early years of life (Brennan & Shaver, 1998). The development of attachment is greatly influenced by the mother's sensitivity in responding to the signals given by the baby, as soon as possible or delayed, whether the response given is appropriate or not (Bowlby, 1958). Attachment is an emotional relationship or affective relationship between one individual and another that has a special meaning, the relationship that is fostered will last for a long time and provide a sense of security even though the attachment figure is not visible in the child's view (Ainsworth et al., 1969).

Attachment is a term that was first proposed by a psychologist from England named John Bowlby. Attachment is a behavior that is specific to humans, namely a person's tendency and desire to seek closeness with others and find satisfaction in relationships with that person (Bowlby, 1958). This understanding is in line with what Ainsworth stated that attachment is an emotional bond formed by an individual that is specific, considering that they are in eternal proximity all the time (Ainsworth et al., 1969). Attachment is a relationship that is supported by attachment behaviors designed to maintain the relationship.

Mikulincer and Horesh (1999) hypothesized that persons with distinct styles of attachment think, feel, and act differently in their relationships. As a result of differences in social perception and ability to regulate effects, a person's attachment style influences behavior to some extent (Baron & Byrne, 2004; Mikulincer & Horesh- Reinman, 1999). Attachment also influences human emotional development. The bulk of emotions occur during the development, maintenance, disorder, and regeneration of attachment connections (Simpson et al., 1992). The establishment of a relationship is referred to as falling in love, the maintenance of a bond as loving someone, and the loss of a partner as unbearable anguish (P. R. Shaver & Mikulincer, 2007). The resemblance to the prospect of loss heightens anxiety, and real loss induces pain when the scenario elicits wrath.

ADULT ATTACHMENT

In 1987 the results of Hazan and Shaver's research were published in the *Journal of Personality and Social Psychology*, which is about romantic relationships which are conceived as the process of attachment using the basis of Bowlby's theory of attachment. The fundamental difference between attachment in adults and attachment in babies is that adult attachment behavior systems are mutual. In other words, adult couples are not allocated or set norms for attachment figures, including behavior and attachment service, as attachment figures ought to be (Crowell & Treboux, 1995).

Differences in attachment styles are rooted in models of cognition of the self and others (Collins, 1996). At first, Ainsworth differentiated the affective experience in two categories, namely secure attachment style and insecure attachment. Insecure attachment styles are differentiated from anxious and avoidant attachment styles. This assumption is supported by several studies that show that differences in attachment styles will cause large differences in how they perceive themselves and others (Collins & Read, 1990; Fraley & Shaver, 2000; Hazan

& Shaver, 1987). People who have a secure attachment style have higher self-esteem compared to those in the anxious-ambivalent group. The results of Mikulincer's (1995) research detailed more details about the structure of the self. Different groups of attachment styles not only affect a positive view of the self but also different dimensions of self-structure (Mikulincer, 1995). People with a secure attachment style emphasize the importance of warm attachment relationships in a positive, coherent, and well-organized self-structure. They describe themselves in a positive way and an integrated self-scheme.

Collins and Read (1990) said that people with a secure attachment style will view others more positively, altruistic, and will have a higher sense of self, more confidence in social situations, and more assertiveness (Collins & Read, 1990). They found that people who are categorized as safe attachment will have a higher sense of self, are more confident in social situations and are more assertive (Collins & Read, 1990). People with secure attachment have positive beliefs about the social world, viewing others as trustworthy and altruistic. Hazan and Shaver (1997) suggests that people with a secure attachment style show the characteristics of friendly individuals and have a sense of confidence (Hazan & Shaver, 1987).

People with anxious attachment style have mental model characteristics as people who lack understanding, lack confidence, feel unvalued, and view others as having low commitment in interpersonal relationships (Simpson et al., 1992), less assertive and feel unloved and less willing to help (Collins & Read, 1990). People with avoidant attachment style are characterized by a self-model mentality as individuals who are skeptical, suspicious, changeable and difficult to open up (Hazan & Shaver, 1987; Simpson, 1990). Such people have a social mental model as people who do not believe in the willingness of others, are uncomfortable in intimacy, cannot express themselves, lack warmth, and lack openness (Feeney & Noller, 1990) and have a fear of being left behind (Collins & Read, 1990). The results of the study Collins & Read (1990) showed somewhat different results that people with an avoidant attachment style tended to view themselves positively, showing self-meaning and assertiveness, although they were less confident in social situations and less oriented in interpersonal relationships (Collins & Read, 1990).

ATTACHMENT IN LITERATURE

Why do we need to learn attachments? Attachment not only benefits how individuals interact but also affects the outcome of the interaction itself (Baron & Byrne, 2004). Attachment plays a role in fostering a sense of trust in future social interactions, helping individuals in interpreting, understanding, and overcoming negative emotions while individuals are in stressful situations and also fostering a sense of ability (Blatt & Levy, 2003; Hogg & Vaughan, 1995). According to Fraley & Davis (1997), attachments have four main functions, namely,

1. Provides a sense of security. When the individual is in a stressful state, the presence of an attachment figure can restore the individual's feelings to return to a sense of security.
2. Regulation of arousal is a change in a person's subjective state accompanied by physiological reactions. If the increase in arousal is not followed by relief (reduction of fear, anxiety or pain) then the individual will become susceptible to stress. The ability of the attachment figure to read changes in the individual's state can help regulate the arousal of the individual in question.

3. As a means of expression and communication. The attachment that exists between individuals and their attachment figures can function as a place to express themselves, share experiences and feelings that they are experiencing.
4. As a basis for exploring the surrounding environment. Essentially, attachment and exploratory behaviour go hand in hand. Individuals who experience secure attachment will have high confidence to explore the surrounding environment or a new atmosphere because individuals have confidence that their attachment figure is really responsible if something happens to them.

In literature, there are many examples of daily life that are packaged as attractively as possible. Like in a drama, the things shown will be made as similar as possible to those in real life. This will make the audience feel like they are entering the story shown. Including attachments that everyone has. People will tend to look for similarities between themselves and the characters in the drama. In the research 'Attachment theory: An analysis of Karen Kingsbury's novels *Where Yesterday Lives* and *Like Dandelion Dust*.' By D. Regis Prabhakaran from Department of English, Sarah Tucker College, researchers show that in literary works it can be an example that attachment is owned by everyone is not limited in any form, whether it is fiction or real. This study also explains how attachment style affects behavior in adult relationships (Prabhakaran, n.d.). Although it has the same topic, this study has differences from the media studied. This study doesn't mention what year it was published; it could make the reader can't disguise if it still effective or not.

Things like this can be a means to learn how to attach to someone and how to deal with that person. The audience can make this apply to their real life. That way, people will have insight into how to create healthy, viable relationships. One of the literary works that contains an adult relationship with various attachment styles in each character is *Our Beloved Summer* (2021).

METHOD

This study uses data taken from the drama *Our Beloved Summer* episodes 12-16. This is done to avoid data that is not in accordance with the variables needed considering that the flow of the previous episode is a mixed flow which will be difficult to apply the theory from Hazan and Shaver (1987), namely regarding adult attachment. The selected episode also shows that both of them have met the requirements to be called adults. The data taken in the form of dialogues, monologues, scripts, and subtitles carried out by the main cast of the drama *Our Beloved Summer* (2021) is supported by screenshots of the scene in question.

For data analysis, researchers searched for the drama *Our Beloved Summer* (2021) on Netflix. Furthermore, the researcher aired the episodes that were studied. Then, the researcher looked at the deep viewing method to analyze the behavior of the characters studied, namely Choi Ung and Kook Yeon su. Also, the researcher matched the behavior carried out by the main actor with the characteristics of each attachment style. The data is then collected and analyzed by each to find the results. Finally, the researcher made a conclusion on the results obtained.

FINDINGS AND DISCUSSION

With the difference in parenting backgrounds owned by the two main actors, of course the two people have different attachment styles. According to Bowlby, people who are raised with affection tend to have a secure attachment pattern, while people who are raised in a less affectionate environment have a tendency to have anxious attachment or avoidance style (Bowlby, 1958).

CHOI UNG'S ATTACHMENT STYLE

Ung is one of those male figures who is very attentive to how he feels. He did not hesitate to show what he was feeling. He has a good ability to convey emotions so that the partner does not feel cornered. This is also in line with him who is able to promise himself as well as promise his partner because he is sure that he will keep it. Like the data number 1 below:

Data 1

Episode 12

56:12 Ung: "I will spend all of my time loving Kook Yeon Su."



Ung is a person who believes in himself. He is someone who is confident to express his emotions. He was always convinced that what he felt was correct. This includes loving Yeon Su. He really understood what he said when he said, "*I will spend all of my time loving Kook Yeon su.*" This indicates that he is a secure person. A secure person is confident in his feelings and finds it easy to express them (Allen & Miga, 2010). This is supported by additional evidence, namely that he is a person who believes in others and does not impose explanations on them. Ung believes in himself. He has the confidence to voice his emotions. He was constantly persuaded that what he felt was right. This involves being in love with Yeon Su. He really realized what he meant when he declared, "*I will spend all of my time loving Kook Yeon su.*" This suggests that he is a secure individual. A secure individual is confident in his emotions and finds them easy to communicate (Simpson et al., 1992). This is backed by additional data, including the fact that he believes in others and does not impose explanations on her.

Data 2

Episode 14

49:07 Ung: "I'm sure she'll tell me one day. Waiting is what I do best after all."



In this scene eliminated, Ung said, *"I'm sure she'll tell me one day. Waiting is what I do best, after all."* We know he does not pressure Yeon su to tell him the truth. Rather, he prefers to wait until she decides to tell him one day. This mode of thinking demonstrates that he can control his emotions and manage the problem to avoid a conflict. An anxious or avoidant person requires this type of companion. If an anxious person is asked to explain what they are frightened of, they will become uncomfortable and will go to any length to avoid being left behind. Anxious is also afraid that if they explain, their lover would leave them. Meanwhile, if an avoidant experiences depression, he would withdraw and abandon his spouse. Avoidants are those who do not readily communicate their emotions. As a result, a confident person ensures that nervous and avoidant people do not become depressed by their emotions. The data shown below demonstrate this.

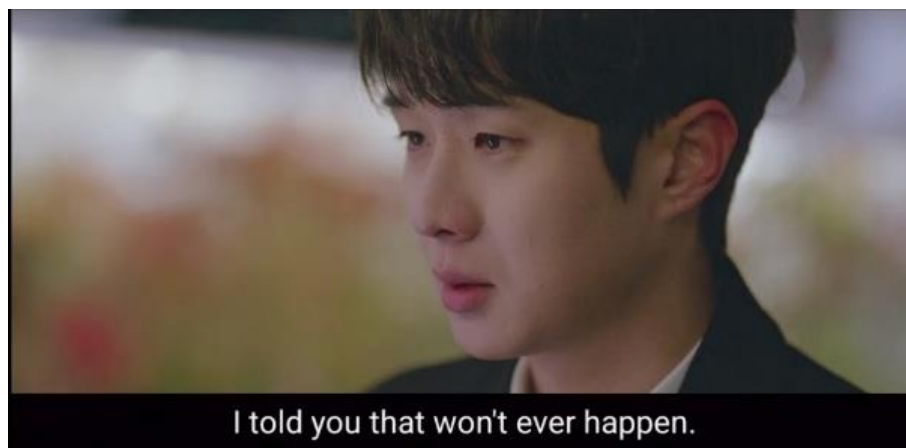
Data 3

Episode 15

55:48 Yeon su: "I thought I ruined everything again."

55:50 Yeon su: "I'm sorry, Ung. I'm sorry."

55:56 Ung: "I told you that won't ever happen. You're not going to ruin everything."



In the above example, we can see that he is assuring Yeonsu that she would not ruin anything by saying, *"I told you that won't ever happen. You won't ruin everything."* It demonstrates Ung's ability to manage his own emotions and ensure that Yeon su's own thoughts do not exacerbate the situation. He's certainly secure. Again and again, secure is the one who can make you concerned that things will not grow worse (Potter-Efron, 2005). One of the most crucial things we need to do in a relationship is regulate our emotions. Because in a partnership, both individuals have diverse perspectives, opinions, and emotions. That is why emotion control is essential, because understanding and ensuring are most important.

Data 4

Ung also exhibits his security by being confident in a relationship. The evidence is shown in the data below.

Episode 16

1:0:44 Ung: "Will you marry me?"



Ung spoke these suggestion words without hesitation. It demonstrates his capacity to deliver his desired results. He communicates very well. It's a characteristic of the secure attachment style. Of all the information offered by Choi Ung. He showed that he was secure. He showed confidence in himself and his aspirations. Then he is someone who doesn't impose his will on what he wants to learn. He also demonstrates remarkable emotional control. Finally, he can provide the certainty that those with an insecure attachment style crave.

KOOK YEON SU'S ATTACHMENT STYLE

Yeon su is a woman who lives with harsh trials. He prioritizes his logic to survive. This changes how he deals with others, including when in a relationship. Yeon Su is a stubborn person, doesn't care, and chooses to avoid if she gets into trouble. But besides that, he is also actually a person who is thirsty for validation as shown in the following data

Data 5

Episode 12

16:17 Yeon u: "Ung."

16:19 Yeon su: "I have a question."

16:21 Yeon su: " Are we dating again?"

16:23 Ung: "Did you Think we weren't all this time?"

16:25 Yeon su: "*I mean, I just wanted to be sure.*"

16:28 Ung: "I thought it was obvious enough."



Yeon Su is someone who desires validation. This is seen in his inquiry into Ung's relationship, asking, "Are we dating again?" He continued, "*I mean, I just wanted to be sure.*" Based on this evidence, we can assume that Yeon Su is afraid, if she believes this. That way, Yeon su expresses her desire for validation. An anxious attachment style is characterized by a person's insecurity and desire for validation from others, particularly their partner (Allen & Miga, 2010). This is also consistent with Yeon Su's parentless past; it's understandable that she's afraid if she's the only one who believes she and Ung are in a relationship.

Data 6

Episode 14

2:06 Yeon su: "I was still that same little girl who was at that playground."

2:16 Yeon su: "That's my life has always been."

2:52 Yeon su: "To avoid getting hurt, I hurt people I loved."



Yeon Su remarked that she has always been like this and will not change. As previously indicated, Yeon Su's early tragedy had a lasting impact on her. She was still a young girl who had been bullied on the playground at the time, and she made this statement while staring in the mirror. She understood that the little girl who had been bullied was still the same, and the

wound was still there, by remarking, *"I was still that same little girl who was on that playground."* Furthermore, she revealed that she decided to injure others, even if she loved them, saying, *"To avoid getting hurt, I hurt people I loved."* This obviously demonstrates that Yeon Su avoids trouble. She decides to sacrifice others to avoid suffering (Mikulincer & Horesh- Reinman, 1999). This is one of the traits of an avoidant personality.

Data 7

Episode 14

3:08 Yeon Su: "I disguised my low self-esteem with a breakup."



As she stated, she used the breakup to hide her low self-esteem. She clarified: *"I disguised my low self-esteem with a breakup."* . It demonstrates that she lacks confidence (Feeney & Noller, 1990). She is insecure. She is frightened she isn't enough. That is why she chose to leave someone or end the relationship first in order to avoid the other person leaving her first. She wanted to be the one to leave. This is one of the characteristics of an anxious attachment style.

Data 8

Episode 15

16:33 Yeon Su: "I get anxious."

16:36 Ung: "Why?"

16:37 Yeon Su: "I got worried that I'll ruin everything again."



Yeon Su voiced anxious regarding the information offered above. She had a lot of fears. She was frightened of being left behind, of boring herself, and of letting it ruin everything again. Yeon Su's words "*I got anxious that I'll ruin everything again.*" makes it apparent that she is concerned that her tendency of unilaterally deciding will be repeated. She stated that it ruined everything. But all of this is just her personal opinions. She has an excessive number of negative thoughts (Forth et al., 2021).

With all of the information offered above, it is possible to conclude that Yeon Su shows both anxious attachment and avoidant tendencies. With Anxious' attachment type, Yeon Su develops overthinking, worry, and a fear of losing someone in her life. She also developed into a human being who found it difficult to trust others. Furthermore, some of the symptoms of Avoidant include choosing to avoid others and breaking up with their partner. When she is in the low self-esteem phase, she finds it difficult to trust others and believes that he is not dependent on them. This supports Yeon Su's characterization as someone with an anxious and avoidant attachment style.

The findings of this study are consistent with previous research: individuals with anxious attachment tend to have a more negative view of their partner, making them more likely to engage in conflict and feel pessimistic about their relationship (Kimmes et al., 2015). Conflicts in relationships are directly tied to destructive methods because people with anxious attachment prefer to demand and dominate their partners, resulting in a negative response and worse relationship quality (Tajfel & Turner, 2006). This is also due to ideas that worry oneself so much that they become a boomerang for both others and them.

Individuals with avoidant attachment shield themselves from disappointment and hurt by hiding their feelings (P. R. Shaver & Mikulincer, 2007) and keeping a safe distance from their spouse in difficult times (Simpson et al., 1992). This is because individuals with avoidant attachment have little confidence in their existing relationships (Segrin et al., 2013). Another point of view is that avoidant attachment behaviors by people can produce irritation in couples, which is represented by couples' demanding behaviors toward persons (Allen & Miga, 2010), lowering relationship stability. It is also feasible to determine from the available data if Yeon Su chooses to harm others in order to escape discomfort. This is quite typical of how an avoidant behaves in a relationship.

Unlike Yeon Su, Choi Ung, the drama's male lead, is regarded as incredibly secure. Ung is well-known for his solid attachment style and ability to comprehend partners. This is the antithesis of Yeon Su's attachment style. With his attachment style, Ung has a big favorable influence on the relationship. He never made Yeon Su, an ambivalent character, describe the cause of the dispute. He constantly takes a positive attitude towards the problem.

Those with a stable attachment style are more content with their social interactions, especially those with partners (P. Shaver et al., 1988). They will also be able to trust their spouse without worry, even if they are engaged in other activities. Individuals who feel confident will cheerfully depend on their companion and will not conceal their feelings. They will feel free to share their difficulties and, if required, seek aid from friends or partners. They will also give the ideal support system since there will be no mistrust, which may lead to bad attitudes toward the spouse. They will sustain the connection in the hopes that both sides are satisfied and equal.

CONCLUSION

By looking at the data in the findings and discussion, we can conclude that Choi Ung is a secure person with customization that he has a good ability to express his emotions and also has good emotional regulation. A secure person also does not impose his will. In contrast to Kook Yeon Su who turns out to be an anxious and avoidant person. This is shown by her often deciding to end a relationship because she has low self-esteem. Then he also often needs validation about what he thinks. He also chose to leave the person he loved so that he would not feel pain. This is related to the parenting pattern experienced by each character. According to the implications of this study, an ambivalent person will always want someone who is secure in order to feel safe. Regardless of their attachment pattern, a secure person will require the support of their loved ones. Because a confident individual promotes a sense of stability in the relationship without burdening one partner.

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