



Anxious Attachment Styles on Communication Patterns in The Queen Charlotte A Bridgerton Story: Psycholinguistic Perspective

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Abstract:

The focus of this study is to investigate how attachment styles interact in the film *Queen Charlotte: A Bridgerton Story*. This study, which is based on Bowlby's attachment theory, focuses on Queen Charlotte's anxious attachment style. The research shows how Charlotte's anxious attachment affects her communication style, which is marked by a desire for reassurance, emotional expression, and difficulties with conflict resolution. This is done through descriptive qualitative analysis of the characters' conversation and interactions. Language patterns like questions and emotive words highlight her need for approval and inner anguish. The results show how these communication characteristics fuel miscommunications and emotional upheaval in romantic partnerships. Additionally, this study highlights the usefulness of identifying attachment style in enhancing the dynamics of relationships, encouraging clear communication, and developing emotional intelligence. People can establish healthier connections and more skillfully negotiate the challenges of interpersonal interactions by being aware of these psychological patterns.

Keywords: language 1; attachment style 2; communication pattern 3; anxious 4

Abstrak:

Fokus dari penelitian ini adalah untuk menyelidiki bagaimana gaya kelekatan berinteraksi dalam film *Queen Charlotte: A Bridgerton Story*. Penelitian yang didasarkan pada teori kelekatan Bowlby ini berfokus pada gaya kelekatan cemas Ratu Charlotte. Penelitian ini menunjukkan bagaimana kelekatan cemas Charlotte mempengaruhi gaya komunikasinya, yang ditandai dengan keinginan untuk mendapatkan kepastian, ekspresi emosional, dan kesulitan dalam menyelesaikan konflik. Hal ini dilakukan melalui analisis kualitatif deskriptif terhadap percakapan dan interaksi karakter. Pola bahasa seperti pertanyaan dan kata-kata emotif menyoroti kebutuhannya akan persetujuan dan penderitaan batin. Hasil penelitian menunjukkan bagaimana karakteristik komunikasi ini memicu miskomunikasi dan pergolakan emosional dalam kemitraan romantis. Selain itu, penelitian ini menyoroti kegunaan mengidentifikasi gaya kelekatan dalam meningkatkan dinamika hubungan, mendorong komunikasi yang jelas, dan mengembangkan kecerdasan emosional. Orang-orang dapat membangun hubungan yang lebih sehat dan lebih terampil menegosiasikan tantangan interaksi interpersonal dengan menyadari pola-pola psikologis ini.

Kata kunci: bahasa 1; gaya kemelekatan 2; pola komunikasi 3; cemas 4



INTRODUCTION

Language is an important aspect in social life, by using the right language we are able to connect well. The language we use in communication can also reflect the mental state of each individual (Chomsky, 2006). Varying human mental states certainly lead to differences in the communication process between one another, especially in a relationship between spouses, friends, or family. In this case, it certainly illustrates that language and mental state are interconnected (Perloff, 1997). The mental state experienced by each individual is certainly inseparable from the influence of the parenting received as a child from his immediate environment, it has an effect on the development of the state of mind and mental state which then shapes the personality of the self until adulthood (Mikulincer, M., & Shaver, 2007). In psychology, this phenomenon is called attachment style. Psychological framework that explains the relationship between people, particularly focusing on the bond formed in childhood between a child and his or her caregiver which will influence emotional, social, communication and cognitive development throughout life. Central to attachment theory is the identification of several attachment styles-secure, anxious, avoidant, and disorganized-each of which reflects the way individuals relate to others based on their early experiences (Fraley, R. C., & Shaver, 2000).

We often find this attachment style phenomenon in the social life of society, especially in the process of communication patterns between individuals. In this case, the researcher is interested in conducting deeper research on the phenomenon of attachment style that affects communication patterns through the movie *Queen Charlotte: A Bridgerton Story* (2023) by Shonda Rhimes which was published and premiered in 2023 on Netflix with 6 series. The storyline focuses on Queen Charlotte's journey as she is married off to King George III, exploring the dynamics of politics, love, and identity. In this story, Charlotte faces challenges in adjusting to court life and expectations as queen. She struggles with King George's mental health issues, which affects their relationship. While exploring love and power, the series features social conflict, friendship, and intrigue among aristocratic families. The author chose this movie because the author found the phenomenon of attachment style in the communication patterns experienced by Queen Charlotte and King George where these two couples have different attachment styles, namely avoidant and anxious, causing conflict and misunderstanding in understanding



the communication patterns built. But, in this case the researcher will focus to analyze anxious attachment style which found on the character of Queen Charlotte.

One of the previous studies entitled *Anxious Attachment and Relationship Processes: An Interactionist Perspective* by Lorne Campbell and Tara Marshall University of Western Ontario, Brunel University (Campbell & Marshall, 2011). This research discusses attachment styles in romantic relationship adults that can affect a person's thoughts, feelings, and behavior. Previous researchers also listed several studies that used attachment scenarios and looked at their impact on sexual fantasies and emotional responses. In this case, the author finds similarities between this research and the previous one which focuses on the phenomenon of attachment style in the relationship between couples. A significant difference from previous research is that the author is more focused on the use of anxious attachment communication language which in previous studies did not significantly describe the characteristics of anxious sufferers when communicating. The analysis of language patterns and the explanation of the interaction between individual differences and context in influencing the attachment process itself through the communication that is built. Therefore, this study aims to find out the differences in language patterns used to communicate by individuals who are influenced by each different attachment style they have in the context of using film media to find these phenomena, using Bowlby's attachment theory and a combination of psycholinguistics, researchers hope to find out the communication built by 2 different attachments when communicating and help raise readers' awareness to recognize the attachment style of each individual through their style of communication.

LITERATURE REVIEW

Attachment Style

Attachment theory, created by John Bowlby in the 1960s, investigates the strong emotional tie between an individual and their caregiver, which is often formed in early childhood (Bowlby, 1982). This link has a significant impact on how people relate to others throughout their lives, especially in romantic relationships. Researchers such as Mary Ainsworth have elaborated on the hypothesis, identifying different attachment types based on how children respond to separation and reunion with their caregivers. These four styles: secure, anxious, dismissive-avoidant, and fearful-avoidant are thought to influence



interpersonal relationships and emotional regulation in adulthood (Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, 1978). Attachment Styles Mary Ainsworth's "Strange Situation" experiments helped categorize attachment styles, which can be summarized as follows:

Secure Attachment:

Individuals with a secure attachment style have positive views of themselves and others, are comfortable with intimacy and independence, can trust others, and are more likely to form healthy, long-lasting relationships. This style develops when caregivers are consistently present.

Anxious-Preoccupied Attachment

Anxiously connected people frequently desire high amounts of intimacy, approbation, and responsiveness from others, and they might become unduly reliant on them. Adolescents typically have unfavorable self-perceptions and a strong fear of abandonment. This style stems from inconsistent caregiving, in which emotional needs were unpredictably met.

Dismissive-Avoidant Attachment

People with a dismissive-avoidant attachment style prioritize independence and self-sufficiency while avoiding intimate emotional relationships. They often have positive self-esteem but unfavorable attitudes about others, which leads them to avoid closeness. This approach develops when caretakers are emotionally unavailable or unresponsive.

Fearful-Avoidant Attachment (Disorganized)

Fearful-avoidant individuals experience ambivalence about relationships. They desire closeness but fear being hurt, leading to a push-pull dynamic in their interactions. Often resulting from traumatic or neglectful caregiving, this style is characterized by a chaotic blend of anxious and avoidant tendencies.

Communication Pattern

The theoretical framework of communication patterns includes a variety of theories and models that describe how people and groups interact through communication. These patterns describe the normal manner in which people communicate information, maintain relationships, and coordinate actions through communication. A solid framework incorporates theories from various domains of communication, such as interpersonal communication, group dynamics, media studies, and organizational communication.



Symbolic Interaction

This theory was published by George Herberg and Herbert Blumer. This theory holds that communication is the key way by which people generate common meanings and shape their social realities (Blumer, 1986). Individuals interpret symbols (words, gestures, etc.) according to their experiences and situations, which influences their communication patterns. People from various cultures may utilize the same symbols (words, gestures) differently. These various interpretations result in differing communication patterns across social groups. (Mead, 1934)

System Theory

Ludwig Von Bertalanffy and Gregory Bateson was retrieved this approach sees communication as a component of a larger system of relationships. Individual communication patterns in any group or organization are interconnected and influenced by the larger system. Feedback loops, open and closed systems, and homeostasis are key ideas. In families, communication patterns sometimes feature recurrent cycles of behavior (feedback loops), in which one member's activities influence another, resulting in predictable outcomes. (Bertalanffy, 1950)

Communication Accommodation Theory

Created by Howard Giles, this theory examines how people modify their communication style (convergence or divergence) in response to their interactions with others. These modifications represent efforts to decrease or emphasize social distinctions, depending on the context. In a varied workplace, a person may modify their communication pattern to converge with colleagues from different cultural backgrounds in order to create rapport, or diverge to assert distinctiveness in specific settings. (Giles, H., & Ogay, 2007)

RESEARCH METHODS

The purpose of this study is to analyze the effects of attachment style on character communication pattern in the historical movie "*The Queen Charlotte: A Bridgerton Story*". Using descriptive qualitative research and analysis techniques, this study will investigate how the attachment style in question emerges via verbal interactions between characters. The popularity of this study stems from all of the character dialogue and interactions in the movie "*The Queen Charlotte: A Bridgerton Story*". The research sample will focus on



dialogues between characters that indicate a high level of character identification based on the plot and character descriptions. The researcher will carry out deep studies on the movie to gain a thorough understanding of the plot, characters, and social contexts; determine significant characters based on physical, psychological, and behavioral descriptions that indicate a specific type of character; and open code all relevant dialogue to identify words, phrases, or sentences which reflect specific communication patterns. The researcher will record the rate and structure of occurrence of the identified codes, identify key themes that appear from the data, such as rejection anxiety, the need for validation, and distancing, compare the analysis results to theory and previous research to improve knowledge, and determine the collected materials through comparing the results to data from other sources. With more detailed and comprehensive approach, it is hoped that this research will make a significant contribution to understanding how attachment style affects communication in a linguistic context.

FINDINGS AND DISCUSSION

Character Analysis

In this study the researcher has found that the main character which is Queen Charlotte exhibits signs of anxious attachment through some of the character signs that appear in the queen Charlotte, fear of marriage and need for Her husband approval underscore her need for comfort makes Queen charlotte reflects of anxious attachment through her communication style with her husband, as se alternates between being vulnerable and assertive. The first character that researcher found is Queen charlotte constantly asks Her husband for reassurance, usually expressing her worries in a way that calls for confirmation. Her language, for example, is full with implied doubt-insinuating questions that show her inner conflict. Expressions such as *"Do you really love me?"* show her anxious attachment style. Needing continuous confirmation also become one of the characteristics of people with anxious attachment style which is the researcher has been analyze from the main charater of this movie, People who are anxiously attached frequently analyze their partner's words and behaviors. In a particular scene, Charlotte sees Her husband quiet as disinterest, which causes her to lose control of her emotions. This demonstrates how communication can be distorted by neurotic attachment, erecting Obstacles rather than promoting understanding. The next is Emotional Expressiveness that Charlotte has shown to communicate her feelings to Her husband in a passionate way

might bring them closer or further apart. Although her openness encourages closeness, it can often overwhelm her spouse, leading to him to pull back even more. This demonstrates the fine line that anxious people have to walk between voicing their needs and raising voicing their needs and alienating others people. The last is Conflict Resolution of Queen Charlotte is Requently made more difficult. Because she fears being abandoned, Charlotte may either run away from or intensify disagreements. Her conversations frequently switch between confrontation and pleading, highlighting the conflict between her need for intimacy and her fear of being rejected.

Table 1. Language Feature of Character

No	Feature of language	Expressions	Means
1.	Questioning and tag questions	<i>"you love me, don't you?"</i>	serve as a means of eliciting affirmation and draw attention to her insecurities.
2.	Emotional Vocabulary	<i>"I will stand with you between the heaven and the earth, I will tell you where you are. Do you love me?"</i>	Charlotte emphasizes her worry by displaying her emotional landscape through her numerous references to fear, desire, and doubt.
3.	Repetitive Themes	<i>"If you don't want me, tell me. Just say it. You do not have to hide from me."</i> <i>" I was chosen for you, and you for me. It is how it is meant to be."</i> <i>"if you do not want me, if I am too much, if I am unworthy, then I shall leave."</i>	These dialogues highlight how Queen Charlotte's character often feels insecure and seeks emotional reassurance from her husband. They mirror the anxieties and emotional patterns typical of those with anxious attachment, showing her desire for closeness yet fear of abandonment.

The Viewpoint of Psycholinguistics

Within the context of Queen Charlotte, psycholinguistics which investigates the relationship between language and cognitive functions, can offer valuable insights about anxious attachment. Through conversation analysis, the researcher able to pinpoint linguistic patterns like sentences that seek reassurance or an inclination to overexplain her feelings that mirror her fears. These decisions might indicate a strong need for approval by exposing her hyperawareness of other people's reactions and fear of being abandoned. Changes in her communication style as the story progresses may indicate emotional development or degeneration, emphasizing her transition from dialogue driven by worry to more aggressive interactions. In this study the researcher could find some data that show anxious attachment appearance on Queen charlotte and the sustainability with psychological aspect.

Data 1:

Queen Charlotte: *"If you do not want me, tell me. Just say it. You do not have to hide from me."*

King George: *(remains silent or avoids answering)*

Queen Charlotte: *"Why won't you look at me? Why do you keep pushing me away?"*

Charlotte feels anxious and insecure throughout this conversation since George frequently separates himself or avoids communicating with her. She is looking for reassurance and directly asks George to be honest about whether he wants her or not. Her need for clarity and reassurance demonstrates nervous attachment behavior. According to attachment theory (Bowlby, 1982), people with anxious attachments frequently feel uncertain in relationships, especially when there are symptoms of distance or rejection from their partner. They want connection and reassurance, yet they are also afraid of being abandoned or rejected. Charlotte's anxious attachment is most likely caused by George's emotional instability. George's mental health issues compel him to withdraw regularly, leaving Charlotte in a condition of uncertainty. This contradiction causes Charlotte to seek additional affirmation and assurance from George, which increases her worry when he doesn't respond in a way that reassures her. This creates a cycle: the more George distances himself, the more anxious and dependent Charlotte becomes on his attention and affirmation. This phenomenon can arise not only because of the partner, but the effects of parenting during childhood can also be a reason for someone to have anxious attachment, in this case Queen Charlotte has been raised with lack of emotional security because her parents were emotionally distant or unpredictable, so that she may have struggled to feel secure and valued as a child. This lack of consistency can lead to a strong need for reassurance and a fear of abandonment in later relationship, as seen in her marriage to King George.

Data 2:

Queen Charlotte: *"You do love me, do you not?"*

King George: *(gives a short response or avoids the topic)*

Queen Charlotte: *"Then why do you keep leaving?"*

In this scene, Charlotte asks George to declare his affections for her. Because of George's lack of reassurance, she feels obligated to continue questioning him, motivated by a concern that he does not actually love her. Psychological explanation the primary worry in anxious attachment is rejection or abandonment. Charlotte feels uneasy as a



result of George's inconsistent attention, therefore she seeks validation on a regular basis to alleviate her worry. Charlotte's sense of uncertainty is exacerbated by George's isolation or emotional unavailability; therefore, she is always seeking reassurance from him. The need for regular confirmation, as well as sensitivity to perceived rejection, are characteristic symptoms of anxious attachment. This also can be affected by High Expectations and Pressure as royalty; Charlotte may have faced significant expectations from a young age to behave perfectly and meet certain standards. If her caregivers or parents placed more emphasis on her duty and status than on her individual needs or emotions, she might have internalized a sense of inadequacy or fear of not being "enough." This could cause her to constantly seek validation in relationships, fearing that if she isn't perfect, she will be abandoned.

In the end, this analysis clarifies how language not only mirrors psychological states but also influences the intricacies of interpersonal interactions, contributing to our comprehension of Queen Charlotte's personal. The way Queen Charlotte portrayed Anxious attachment sheds light on the ways in which psychological patterns can affect emotional bonds and provide important insights into the intricacies of romantic relationships. Her persona demonstrates traits of anxious attachment, including an incessant need for validation and a dread of being abandoned. These characteristics highlight the need of effective communication techniques by frequently resulting in misunderstandings and heightened emotional reactions. A knowledge of these patterns can have a transforming effect on relationships in real life. For example, people with anxious attachment may find it difficult to communicate their demands or control their jealousy, which can result in miscommunication. Partners who are aware of these inclinations can endeavor to create a more encouraging atmosphere where candid communication and emotional openness are valued. Furthermore, negotiating these relationships requires emotional regulation. Learning healthy coping mechanisms for anxiety and constructive ways to communicate emotions can help people feel less tense and foster closer relationships. This comprehension motivates both parties to practice empathy and active listening, building a foundation of trust that deepens their relationship.

CONCLUSION

This research shows the significant influence that attachment styles especially anxious attachment has on communication styles in Queen Charlotte: A Bridgerton Story.



Queen Charlotte's experiences allow us to understand how her interactions with her husband whose avoidant tendencies generate a push-pull dynamic are shaped by her need for reassurance and emotional expressiveness. This interaction frequently results in misinterpretations and amplified emotional reactions, highlighting the difficulties experienced by people with anxious attachment. The analysis emphasizes how crucial it is to identify these patterns in both real-life relationships and fictional storylines. People can improve their ability to communicate needs and settle conflicts by learning how attachment styles affect communication. This understanding promotes open communication and empathy, both of which are necessary for developing closeness and trust in partnerships.

In the end, the knowledge acquired from this research supports the need for emotional intelligence and effective communication. People can work toward stronger, more resilient relationships that meet the emotional needs of both partners by putting these ideas into practice. Recognizing and managing the complexity of attachment types can result in positive transformation, improving the dynamics of relationships and encouraging stronger bonds. Using better communication techniques might result from being aware of the symptoms of anxious attachment. Learning to communicate needs without bothering partners can help those who relate to Charlotte's experiences have more harmonious relationships. Understanding anxious attachment might help you handle disagreements. Couples can work through open communication techniques to overcome fears, creating a secure space for vulnerability. Therapy can offer strategies to reframe communication patterns and create healthier relationships for people who struggle with anxious attachment. Cognitive-behavioral techniques can assist people in improving relationship dynamics and challenging harmful thought patterns

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