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2025

# An Analysis of the Obsessive Love in Wuthering Heights by Emily Bronte: an Anxious-Ambivalent Attachment Approach

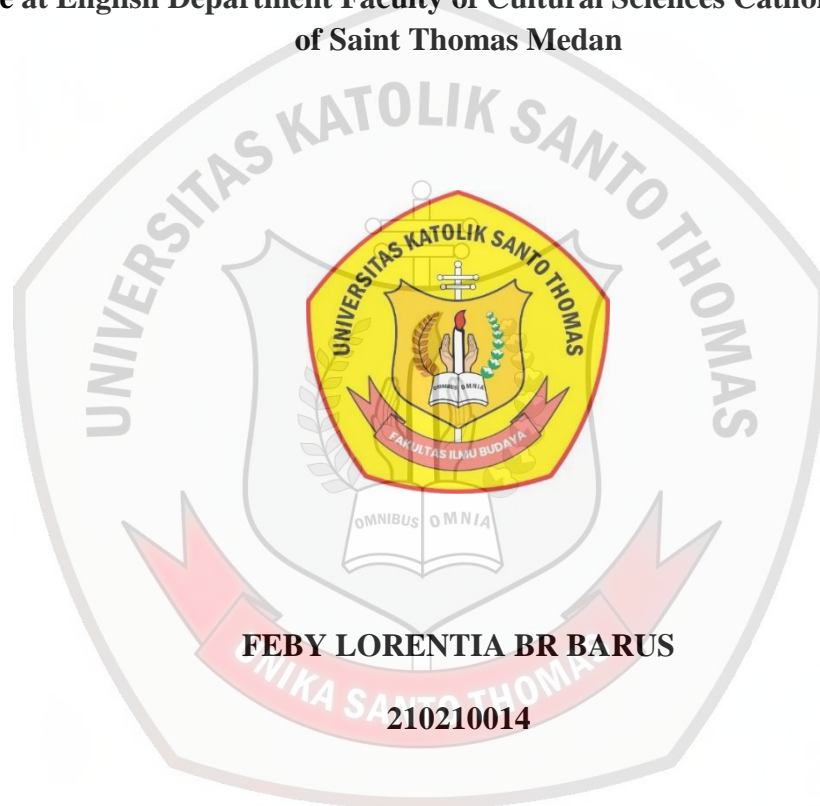
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**This undergraduate thesis is submitted as partial fulfillment to obtain Bachelor Degree at English Department Faculty of Cultural Sciences Catholic University of Saint Thomas Medan**

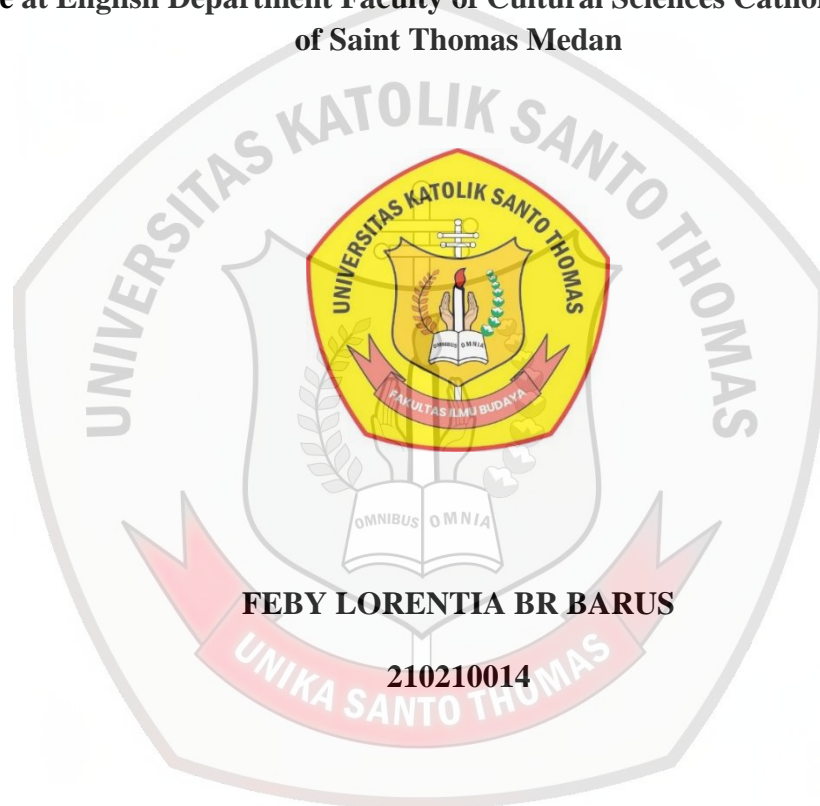


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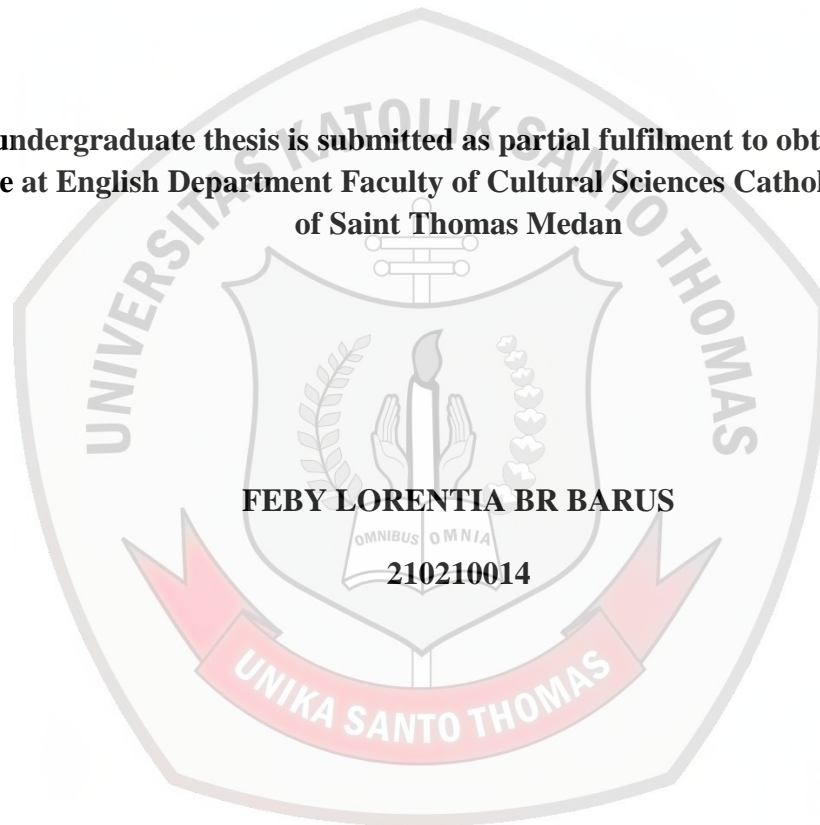
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THIS UNDERGRADUATE THESIS HAS BEEN APPROVED IN AUGUST 19, 2025

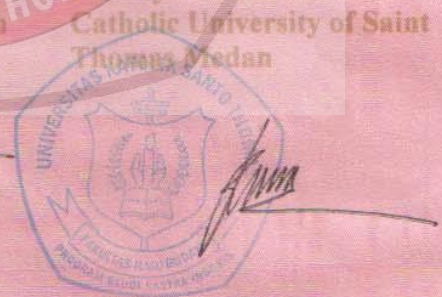


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solemnly declare that this entitled “**An Analysis of the Obsessive Love in *Wuthering Heights* by Emily Bronte: An Anxious-Ambivalent Attachment Approach**” is my own work, free from plagiarism. Quotations are referenced in accordance with scientific writing ethics that apply. if it is proven that this thesis contains plagiarism, deemed to have violated the rules, I am willing to accept sanctions for the act in accordance with the applicable regulations.

Medan, 19 August 2025

Feby Lorentia Br Barus

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Grateful praise to the Almighty God for His grace and mercy. The writer has successfully completed the thesis entitled **An Analysis of the Obsessive Love in *Wuthering Heights* by Emily Bronte: An Anxious-Ambivalent Attachment Approach** submitted as one of the requirements to obtain a Bachelor's degree in the English Department, Faculty of Cultural Sciences, Catholic University of Saint Thomas Medan.

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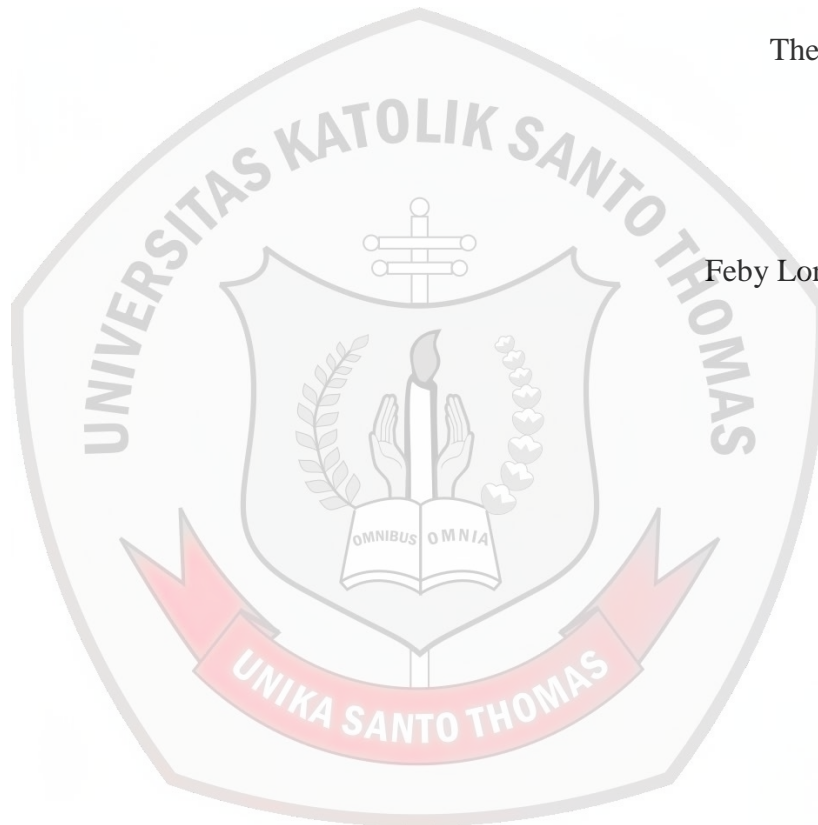
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The writer hopes that this thesis will be beneficial to the field of the English Department. The writer acknowledges that this thesis is far from perfect. Therefore, constructive feedback and criticism from readers are welcome.

Medan, August 2025

The writer,

Feby Lorentia Br Barus



## ABSTRACT

This research aims to explore the portrayal of obsessive love in Emily Brontë's *Wuthering Heights* through a literary psychological approach, specifically using John Bowlby's Attachment Theory. The main focus is on the anxious-ambivalent attachment type, which is caused by inconsistent caregiving, fear of abandonment, emotional overinvolvement and dependency, continuity of attachment from childhood to adulthood. Using a qualitative descriptive method and close textual reading, the study seeks to understand how emotionally intense relationships depicted in the novel reflect patterns of insecure attachment. The findings reveal that the obsessive love in the novel stems from unresolved emotional wounds rooted in early experiences of neglect and rejection. The characters involved exhibit an overwhelming fear of loss, an insatiable need for validation, and a tendency to blur the boundaries between affection and possession. Love in this narrative becomes not a source of mutual support, but a driving force for control, dependency, and destruction. The emotional intensity portrayed reflects a deep psychological need rather than a healthy romantic bond. This study shows that literature can serve as a mirror to human psychological conditions, revealing the impact of attachment history on adult relationships. By applying psychological theory to a fictional narrative, the research contributes to the interdisciplinary dialogue between literature and psychology. It emphasizes that literary texts do not merely entertain but also reveal the complex emotional patterns found in real-life human experiences.

**Keywords:** Obsessive love, attachment, anxious-ambivalent, literary psychology

## **ABSTRAK**

*Penelitian ini bertujuan untuk mengeksplorasi penggambaran cinta obsesif dalam Wuthering Heights karya Emily Brontë melalui pendekatan psikologi sastra, khususnya dengan menggunakan Teori Attachment dari John Bowlby. Fokus utama penelitian ini adalah pada tipe attachment cemas-ambivalen, yang disebabkan oleh pola pengasuhan yang tidak konsisten, ketakutan akan penolakan atau ditinggalkan, keterlibatan emosional yang berlebihan dan ketergantungan, serta keberlanjutan ikatan emosional dari masa kanak-kanak hingga dewasa. Dengan menggunakan metode deskriptif kualitatif dan pembacaan tekstual secara mendalam, penelitian ini berupaya memahami bagaimana hubungan yang intens secara emosional dalam novel mencerminkan pola attachment yang tidak aman. Hasil penelitian menunjukkan bahwa cinta obsesif dalam novel ini berasal dari luka emosional yang belum terselesaikan, yang berakar pada pengalaman pengabaian dan penolakan di masa awal kehidupan. Tokoh-tokoh yang terlibat menunjukkan ketakutan yang luar biasa akan kehilangan, kebutuhan tak terpuaskan akan validasi, dan kecenderungan untuk mengaburkan batas antara kasih sayang dan kepemilikan. Cinta dalam narasi ini tidak menjadi sumber dukungan timbal balik, melainkan kekuatan pendorong untuk mengendalikan, bergantung, dan menghancurkan. Intensitas emosi yang ditampilkan mencerminkan kebutuhan psikologis yang mendalam, bukan ikatan romantis yang sehat. Penelitian ini menunjukkan bahwa karya sastra dapat menjadi cermin bagi kondisi psikologis manusia, dengan memperlihatkan dampak sejarah attachment terhadap hubungan dewasa. Dengan menerapkan teori psikologi pada narasi fiksi, penelitian ini berkontribusi pada dialog interdisipliner antara sastra dan psikologi. Hal ini menegaskan bahwa teks sastra tidak hanya berfungsi sebagai hiburan, tetapi juga mengungkap pola emosional kompleks yang ditemukan dalam pengalaman manusia di dunia nyata.*

**Kata kunci:** *Cinta obsesif, attachment, anxious-ambivalent, psikologi sastra.*

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