



The Preservations of Ambivalent Attachment in Tatyana Tolstaya's *Unnecessary Things*

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Abstract

This paper investigates how the matter of psychological attachment is quite rational as reflected on flash fiction written by Tatyana Tolstaya entitled *Unnecessary Things*. This story tells about a person who lives with things that have no practical value since her childhood. The character is aware of the obsession but could not get separated from any of the unnecessary items. Through qualitative method and explorative approach, this article indicates that attachment somehow is quite ambivalent since it is related to anxiety. The character in this flash fiction still could not leave from her comfort zone which later also shapes her unreadiness to face the real world outside. In conclusion, ambivalent attachment in this story underlines matters of people being in insecurity and fear of abandonment, not only for their own self, but also for others.

Keyword : Ambivalent Attachment, Tatyana Tolstaya, *Unnecessary Things*

INTRODUCTION

Ambivalent attachment, also known as anxious-ambivalent attachment, is one of the patterns of attachment identified by psychologist Mary Ainsworth through the Strange Situation procedure (Bethari, et al., 2023; Bretherton, 2000). It is a concept within attachment theory, which was originally developed by John Bowlby. Ambivalent attachment originally is a form of insecure attachment characterized by inconsistent responses of the caregivers and by the child's feelings of anxiety and preoccupation about the caregiver's availability (Ainsworth, 1978; Bethari, et al., 2023).

Tatyana Tolstaya's flash fiction entitled *Unnecessary Things* shows some items attached to the character since the character's childhood (Pfaff-Czarnecka, 2013; Tolstaya, 2017). The story captures the character's emotional belonging to these objects and how they bring comfort and security. Belonging is a combination of individually acquired, interpersonally negotiated and structurally affected knowledge and experience. It is a central dimension of life that is easily felt and tacitly undergone (Pfaff-Czarnecka, 2013; Tolstaya, 2017).

In the story, the character finds an old Teddy bear from their childhood in their family home. The bear represents things that are not needed practically but hold deep emotional meaning. Despite being just a wooden frame and one paw, the bear evokes strong memories (Pfaff-Czarnecka, 2013; Tolstaya, 2017). The bear vanishes when the character returns to Moscow. This disappearance leaves a puzzling emptiness, emphasizing how connections and the importance of sentimental objects are fleeting and powerful.

The story is reminiscent of William Faulkner's *A Rose for Emily*, drawing a parallel between the bear's fate and the tragic story. Those unnecessary items are a reflection of the character's identity in the past (Goldstein, 2001; Tolstaya, 2017). This happened, possibly because the caregivers were inconsistent in their affection, resulting in an anxious attachment style, also known as ambivalent attachment. Ambivalent Attachment is characterized by insecurity and fear of abandonment that manifests as clingy or needy behavior (Ainsworth, et al., 2014; Pfaff-Czarnecka, 2013).

This story suggests that attachments to things are not necessarily unhealthy but serve as a reminder of who people once were and the experiences that defined them. Yet, at the same time, it also highlights that any longing for permanence and safety can be futile (Bell, 2002; Hall, 1990). In this case, the story reflects the following tensions. On one hand, memories should be always intact so that what is left could always stay in everyone's mind. On the other hand, memories are also matters of attachment in which longingness exists that could always result in such loneliness as well (Bell, 2002; Hall, 1990). So, ultimately, people need to let go of the trivial aspects to lead a more meaningful life.

Through the background above, this article would like to explore the matter of ambivalent attachment in Tolstaya's story. It is a unique story since it does not contain many words. It also does not explain more details on further elements of literature (Bell, 2002; Tolstaya, 2017). However, this flash fiction contains such psychological situations in which people may experience it in everyday life. Then, it also underlines the novelty of this research, especially in bringing psychological attachment to the surface of literary analysis.

METHOD

By using qualitative methods, certain and written data are analyzed to answer the question in this paper. Written through description, online and offline scripts are used to explain correlations between Tatyana Tolstaya's *Unnecessary Things* and matter of ambivalent attachment alongside literary concepts and psychological ideas. The data analysis includes obtaining sources, reading sources carefully, comparing with other issues, quoting into paper, and writing down in reference lists. The research data comes from both Tolstaya's short story and the arguments of ambivalent attachment. Each of them is read then broken down into its every particular element. The premises and logics used in ambivalent attachments are also drawn to underline the matter of being ambivalent. The following analyses then include how the character in Tolstaya's short story feeling is ambivalent attachment. Here, Tatyana Tolstaya's short story is the object while the ambivalent attachment idea is a tool to analyze.

RESULTS AND DISCUSSION

The Chronicles of Belongings in the Past in *Unnecessary Things*

Objects serve as physical manifestations of past experiences, relationships, and the characters' inner emotional worlds. These items, often mundane and overlooked, acquire profound significance by connecting the present with memories of the past (Ainsworth & Bowlby, 1991; Kammermeier, et al., 2020). Individuals develop internal mental representations of significant others (objects), especially during early childhood. These internal objects influence emotions, thoughts, and behaviors in later relationships (Bosmans, 2020; Klein, 1946). The exploration focuses on how the attachment style known as ambivalent attachment is reflected through nostalgia, memory, and objects representing the past in Tatyana Tolstaya's short story *Unnecessary Things*. Through the lens of ambivalent attachment, these objects could symbolize the characters' longing for and ambivalence toward past relationships that have shaped their current attachment behaviors (Ainsworth & Bowlby, 1991; Kammermeier, et al., 2020).

From this flash fiction, it shows that the character has been with those unnecessary things since the character's childhood, then the ambivalent attachment began to develop. Children with this attachment style will struggle because childhood relationships may have taught them to deeply distrust closeness to others – that those they love and depend upon can be emotionally unpredictable, even abusive (Ainsworth & Bowlby, 1991; Bosmans, 2020; Yuliastuti & Pasopati, 2015). The proof of the character's connection to the belonging in the past is listed as follows.

“No one had any need for this stuff – not my mother and certainly not me – but I like unnecessary things: all the pragmatic, commercial, and manipulative meaning has disappeared from them, any usefulness has evaporated, leaving, leaving only their naked souls, their true selves, all that was heretofore hidden by the hustle and bustle of passing days.” (Tolstaya, 2017)

The quotation above explains the character's feelings towards unnecessary things. This character clearly benefits from these unnecessary things. People might think these unnecessary things are useless and do not have value (Bosmans, 2020; Miller, 1987). Miller argues that the material properties of objects contribute significantly to the meanings and values attributed to them. Those are considered as trash without any benefit and usefulness that people can get from them. It is because people see it through their own glasses (Bosmans, 2020; Chatteraj, 2016). From the character's point of view, then, of course it has a lot of value, benefit and usefulness for the character's life.

The unnecessary things that got collected by the character, also shape the character's behavior. These unnecessary things have been there as the character grew older. Those shows the obsession that is developed in the inner side and began to be attached to the character through childhood until the character reached adulthood (Armitage & Conner, 2000; Momeni, et al., 2022). The quotation explains that even though those unnecessary things did not have specific use and benefit for the character, the character still kept those things. Those attachments have become a deep connection and effective communication in life to which a person feels enjoyment and comfort when interacting with imitated behavior in the past (Bosmans, et al., 2020; Momeni, et al., 2022).

“I did my best to soften the strangeness of these foreign chests of drawers and sideboards with my mother's knickknacks and fabrics. I placed the bear on my bed not knowing what else to do with him.” (Tolstaya, 2017)

From the quotation above, it shows that it is hard for the character to get adjusted with the new environment. This happens because the character is not really accustomed to this kind of experience. It probably will take some time for the character to get used to a new condition outside any comfort zone (Armitage & Conner, 2000; Bridges, 1991; Momeni, et al., 2022). Bridges emphasizes the psychological and emotional dimensions of change, recognizing that individuals navigate not only external shifts but also internal transformations. It also shows that, when the character moves to a new place, the character will bring unnecessary things like knick-knacks, fabric, and teddy bear so that the character does not feel the alien ambience.

To underscore the quotation above, memories and nostalgia are central aspects of place attachment and are generated through practiced-based relations (Bridges, 1991; Pedersen & Therkelsen, 2022). People's relationships to places develop and transform over time with the different life phases that they enter into thus the environment shapes social practices and communication. However, memories of places can bridge past and present and thereby influence

current relationships to places (Hall, 1990; Lewicka, 2014; Manzo, 2005). In this case, what the character feels is actually rational since she puts memories beside her. She could not really leave the past behind. However, what is interesting is that she puts her own tension between leaving or keeping the teddy bear. It brings her memories, but somehow, there is also pain inside in which she could not even live without (Hall, 1990; Lewicka, 2014; Manzo, 2005).

“Everything there was insultingly new – that is, unfamiliar and alien.”
(Tolstaya, 2017)

The quotation above shows that the character in Tolstaya’s flash fiction feels uncomfortable with the new environment in the new apartment. Every single thing in that new apartment is strange and new to the character (Hall, 1990; Lewicka, 2014; Manzo, 2005). It proves that the character has ambivalent attachment and this may include an anxious ambivalent attachment pattern. And because of this, the character may not feel safe in the new environment as securely attached people do, and thus, the character can become insecurely attached (Hall, 1990; Lewicka, 2014; Yuliasuti & Pasopati, 2015). Her attachment is the problem that she has to feel due to her thoughts that could not really leave her past behind.

“I grabbed him, holding him tight, clutching his dusty, bristly torso, and closing my eyes to keep the unexpected stream of tears from raining down on him.”
(Tolstaya, 2017)

From the quotation above, it is known that the character in this flash fiction had a bond with a bear doll or teddy bear, and it became attached to the character’s life and influenced the character’s emotion (Bethari, et al., 2023; Schindler, 2019). Logically, a doll is something trivial that can be replaced. However, the character has an ambivalent attachment with these unnecessary things including the teddy bear. The quotation above explained that out of the unnecessary things that belong to this character, the teddy bear is the most favorable thing and dearly loved by the character. And because the teddy bear has been in the character’s life, it affects the character’s emotions (Bethari, et al., 2023; Schindler, 2019; Yuliasuti & Pasopati, 2015).

“That night, I slept with my arm around him; he weakly returned the hug with his solitary paw. It was a white summer night, a kind of gauze with dusky twilight, no slumber, but a yearning for it. The bear smelled of dust, dust and old age, infirmity, decades, millennia. Opening my eyes in the underwater dimness of this alabaster midnight, I could see the black thread hanging from his miserable little eye socket. I stroked his wooden head; it was covered with scars. I touched his ears.” (Tolstaya, 2017)

The quotation above shows how she knows the bear doll really well. She knows that he is the one that has been on her side for years. She does not care if the doll has dust. She even loves the dust as it shows her past memories that are embodied in the doll (Bethari, et al., 2023; Schindler, 2019; Tolstaya, 2017). She has cared for the doll for years, but it seems that she has abandoned the doll recently. She gets caught in busy situations and forgets the doll. When she remembers the doll, she understands that the doll is not a toy. It is a symbol of her memories that keep haunting her both for good and bad (Bethari, et al., 2023; Schindler, 2019; Tolstaya, 2017). It reminds her of her family and childhood. It is an aspect of attachment for her.

“In the morning, I left for Moscow. And when I came back, a month later, the bear was gone. He wasn’t on the bed, or under it; he wasn’t in any of the closets, or in the crawlspace. He was nowhere to be found. Nowhere.” (Tolstaya, 2017)

It is unique how Tolstaya ends her flash fiction. It is shown that the character must leave the doll and return to her usual situations. She looks for the doll to remind her of her past. However, her own mind pushes her to forget the bear and moves on. The presence of the doll could be mentioned as real or imaginary (Freud, 1997; Pasopati, 2016). Both of them show that the bear doll is an idea of the past that has been unknown for her in years. When she returns, the doll has gone, which means that she must also leave her attachment to the past (Freud, 1997; Pasopati, 2016).

Ambivalent Attachment and Its Continuance

Ambivalent attachment is characterized by insecurity and fear of abandonment that manifests as clingy and needy behavior among other things. Attachment theory refers to a person’s characteristic ways of relating in intimate relationships to such attachment figures (Freud, 1997; Lorenzini & Fonagy, 2013; Pasopati, 2016). Individuals with this attachment style may exhibit high levels of sensitivity to potential threats in relationships, alongside an intense need for closeness that paradoxically may push others away (Ainsworth, 1978; Pasopati, 2016). This defines the character from Tolstaya’s *Unnecessary Things*. This character has an attachment with a lot of things especially with the bear doll that looks a decade old. Some people might have something precious in their life, and many people go the same for this character (Mohammadi, et al., 2016; Mosquera, et al., 2014; Yuliasuti & Pasopati, 2015). Normal people would throw away some things that are no longer beneficial or no longer useful for them.

However, this character seems to have a very strong bond with the bear doll. It is either because the doll has been on the character’s side for a long time or it is because the character does not have someone to rely on (Mohammadi,

et al., 2016; Mosquera, et al., 2014; Tolstaya, 2017). The doll has been by the character's side, then she decides to have a bond with this bear doll. It shows that the character has a lot of things aside from the bear doll that the character is attached to. There are some old things in this character's new apartment. There is also stuff from the character's mother (Mohammadi, et al., 2016; Mosquera, et al., 2014; Tolstaya, 2017). The character herself explains that no one in this world has a need for these things.

The reason why this character keeps these things is just because this character likes unnecessary things. It is quite unique because the character explains that any usefulness has evaporated, leaving only their naked souls, and their true selves. It is as if the character knows that it has a soul (Mohammadi, et al., 2016; Mosquera, et al., 2014; Tolstaya, 2017). It could also imply that people with such attachment problems could never let go due to any shadow left by the figure. This also could be seen as her true self in which its bareness needs someone to cover up with. This is such an indication that the attachment is ambivalent since it relates to anxiety of being in longingness to loneliness as well (Mohammadi, et al., 2016; Mosquera, et al., 2014; Tolstaya, 2017).

The most essential part of attachment theory lies in the experiences of early relationships that create active internal patterns in childhood, which affect future knowledge and relationships (Manzo, 2005; Momeni, et al., 2022). This anxious ambivalent attachment may follow children as they become adults, and it can show up in their beliefs that love and affection are fleeting and sporadic sentiments. They may feel unsafe in their romantic or social relationship since they do not know if their significant other or friend will want them around in a week, a month, or a year (Kuftyak, 2015; Manzo, 2005).

These insecure feelings may lead them to look for concerns that may or may not exist, and as time goes on, it can result in an internalization of the contentions and repeated insecure attachment patterns (Lewicka, 2014; Lorenzini & Fonagy, 2013; McDonald, et al., 2012). Ambivalent attachment is an attachment style that can lead to anger or jealousy in some people and acceptance for others. They might seek safety and stability, but their behavior might yield the opposite effect. They might become clingy and dependent to ensure their partner is always around, which can drive their partner away. Insecure people experience more ambivalence because that insecurity directly evokes the ambivalence; in essence, insecure people do not just get ambivalent, they are ambivalent (Lewicka, 2014; Lorenzini & Fonagy, 2013; McDonald, et al., 2012).

According to research on general ambivalence, the tension that ambivalence creates can have a number of negative consequences, such as feelings of discomfort and more extreme, inconsistent behavior (Armitage & Conner, 2000; Bell & Esses, 2002; Lorenzini & Fonagy, 2013). As seen in Tolstaya's *Unnecessary Things*, the character struggles to overcome the environment in the character's new apartment. In order for the character to feel at home, the character brings these unnecessary things into the new apartment. It also explains that the character does her best so that the character can live in her new place with ease (Lewicka, 2014; Lorenzini & Fonagy, 2013; McDonald, et al., 2012). Because of this ambivalent attachment behavior, the character has a difficult time socializing with new people in a new environment.

On the contrary, attachment insecurity is associated with lower psychological well-being, more depressive symptoms, more psychological distress, and poorer mental health overall (Bowlby, 1979; McDonald, et al., 2012). When people feel insecure, it could be known that she/he is struggling with her/his psychological well-being. In this sense, insecurity is also related to the matter of being in ambivalent attachment. People with attachment insecurity will feel discomfort in a new place (Bowlby, 1979; Lorenzini & Fonagy, 2013; McDonald, et al., 2012). People with attachment insecurity will not only attach to some stuff but it also goes with humans, including the loved ones.

People with insecure attachment or ambivalent attachment also have difficulties controlling their emotions. When strong emotions appear, they may try to control them. However, when this control fails, uncontrolled behaviors may lead to a borderline clinical picture, since they lack the skills to regulate or modulate those reactions (Lorenzini & Fonagy, 2013; McDonald, et al., 2012; Mosquera, et al., 2014). People with ambivalent attachment have difficulties managing or regulating their emotions. The unnecessary things also shape the behavior of the character and become the reason why ambivalent attachment's people have problems with handling their emotions and behaviors. Not only emotions and behaviors, but it also happens in the way to socialize and make themselves adapt in the new environment. Thoughts or emotions that do not seem to be their own could be mentioned as stress-related paranoid ideation or severe dissociative symptoms (Bowlby, 1979; Mohammadi, et al., 2016; Mosquera, et al., 2014).

Attachment orientations can explain individual differences in emotion regulation with attachment security leading to the development and use of healthier emotion regulation strategies (Annasai, et al., 2023; Brandao, et al., 2019; Lorenzini & Fonagy, 2013). It could be known that any aspect in childhood may also impact further aspects of adulthood. It is also best explored that any character's childhood could be leading to the development of the character's personality. Ambivalent attachment may involve negative impacts as well. The negative one is about being in anxiety and depression.

Not only that, people with ambivalent attachment may have difficulty being alone and struggle with fear of abandonment. Someone who suffers from attachment is always alone and likes to be preoccupied with unnecessary things (Annasai, et al., 2023; Brandao, et al., 2019; Lorenzini & Fonagy, 2013). That is why the character has difficulty adapting in a new environment. People with ambivalent attachment might feel like they need something, be it person or things, to rescue them to feel complete. The character in this flash fiction indeed also becomes dependent to ensure that those unnecessary things are always around. In short, that character has lost such consequences in eradicating her own freedom after all (Brandao, et al., 2019; Wardhana, et al., 2024).

Belongingness and Its Continuance in Ambivalent Attachment

Unnecessary Things is a flash fiction by Tatyana Tolstaya that tells a story about a character that has ambivalent attachment towards some stuff that belongs to her (Lorenzini & Fonagy, 2013; Tolstaya, 2017). Having a favorite toy or doll is quite common for everyone. Without realizing it, these things become emotionally attached to them. Every person, without a doubt, must have a story about childhood memories and forgotten dreams (Freud, 1997; Lorenzini & Fonagy, 2013). The story captures the character's emotional attachment to these objects and how they bring comfort and security.

This story suggests that people's attachments to things are not necessarily unhealthy but serve as a reminder of who they once were and the experiences that defined them. Yet, at the same time, it also highlights that longing for permanence and safety can be pointless and that ultimately, anyone needs to let go of the trivial things to lead a more meaningful life. Those unnecessary items are a reflection of the character's identity in the past (Klein, 1946; Lorenzini & Fonagy, 2013). In this sense, it also means that people should not always live in the past. Time moves forward and people should as well. It does not mean that memories must be forgotten, but the attachment should always be controlled so that it would never gain more hindrance to any action afterwards (Annasai, et al., 2023; Brandao, et al., 2019; Lorenzini & Fonagy, 2013).

Attachment is an emotional bond formed between an individual and an object or another person. Attachment to something can become problematic when it involves an individual's development or well-being (Brandao, et al., 2019; Tolstaya, 2017; Wirnoto, et al., 2023). For example, if someone becomes too attached to an unhealthy relationship or to objects or activities that are harmful, it can hinder personal growth or lead to detrimental dependencies. Being overly attached to negative things can also obstruct one's ability to attain overall happiness and well-being.

The prolonging attachment could also be detrimental as it shows excessive dependency. Overattachment to something can lead to harmful dependencies, impeding personal development, and even reducing the ability to be independent (Brandao, et al., 2019; Bretherton, 2000; Tolstaya, 2017). It could also flourish indications of inability to adapt. Being too attached to something can hinder our ability to adapt to change. Flexibility in thinking and acting is often hampered by strong attachment. It could also bring damage to interpersonal relationships. Excessive attachment to something can result in neglect of interpersonal relationships (Brandao, et al., 2019; Tolstaya, 2017; Wirnoto, et al., 2023). Overfocus on a particular object can diminish attention and feelings toward those around anyone. In many events, even extreme attachment can be a source of excessive stress and anxiety.

People with ambivalent attachment are often anxious and uncertain. They are often lacking in self-esteem due to such unstable emotions and overthinking on anything (Bridges, 1991; Tolstaya, 2017; Wirnoto, et al., 2023). People with ambivalent attachment also have difficulties managing their emotions and their behaviors towards the society. Anxiously attached individuals tend to be worried about being rejected, abandoned, or unloved, and tend to hyperactivate their attachment system (Brandao, et al., 2019; Bretherton, 2000). As explained in Tolstaya's *Unnecessary Things*, the character in this flash fiction decides to bring along the old stuff to the character's new apartment. Not only the bear doll and the character's mother's knickknacks, the character also brings some old furniture to put in the new apartment. The character does this in order to feel secure and feel complete (Bridges, 1991; Tolstaya, 2017; Wirnoto, et al., 2023).

Ambivalent Attachment in this character personality shows when the character says that she likes unnecessary things because no one has any need for these things. Not only that, the character in this flash fiction likes unnecessary things because all the pragmatic, commercial, and manipulative meaning has disappeared from them (Brandao, et al., 2019; Bretherton, 2000; Tolstaya, 2017). Any usefulness has evaporated and leaving only their naked souls, their true selves. All of that is hidden by the hustle and bustle of passing days. Without these things, the character would feel anxious.

From the passage, attachment theory suggests that individuals with more insecure, and particularly anxious, patterns of attachment are likely to hold ambivalent attitudes toward attachment figures (Bowlby, 1982; Lahousen, et al., 2019; Oktavia, et al., 2023). It shows when the character moves to a new apartment and in that place, the character feels insultingly strange. The use of the unnecessary things brought by the character is to warm the ambience in the new apartment so that the character can be more secure in a new place and adapt quickly in the character's new environment. It will be hard for the character to get used to the new environment if the unnecessary things are absent (Brandao, et al., 2019; Bretherton, 2000; Tolstaya, 2017). That is the reason why the character decides to fill the new apartment with the character's old stuff instead of new furniture.

People with ambivalent attachment appear to be in emotional distress when they get separated from the person or stuff they attach with. Individuals with preoccupied patterns use hyperactivating strategies and are seeking closeness to important others. They are preoccupied with their own distress and the availability of attachment figures (Miller, 1987; Schindler, 2019). As seen in the passage, the character in this flash fiction does not have attachment with people but with stuff. The character in this flash fiction seeks closeness with the character's beloved unnecessary things. Even though it looks unimportant and unnecessary, they can make the character less anxious (Miller, 1987; Schindler, 2019; Tolstaya, 2017).

The unnecessary things that are shown in Tolstaya's flash fiction, plays a big role in the character's life. It determines and forms the personality of the character. The system of attachment assumes a superior role during early affective development (Bowlby, 1982; Lahousen, et al., 2019; Oktavia, et al., 2023). Ambivalent attachment in the character's personality that has been developed since the character's childhood might be manifested in some way. It either could lead the character to a positive personality or to a negative personality. The character could have a secure attachment

from these unnecessary things. However, the character also could have an insecure attachment or anxiety, even depression from those unnecessary things. People who are securely attached have had their acute affective states consistently reflected back to them in an accurate manner (Lorenzini & Fonagy, 2013; Yuliastuti & Pasopati, 2015).

The feeling of nostalgia in the story is shown with both fondness for and pain of the past. It can mirror the push-pull dynamics typical of ambivalent attachment. The characters might yearn for the security and intimacy of past relationships, yet simultaneously experience distress related to those very connections. This ambivalence towards their own emotions and desires can manifest in their interactions with the objects that represent these past bonds (Bowlby, 1982; Lahousen, et al., 2019; Oktavia, et al., 2023). Memory plays a crucial role in the narrative, acting as a bridge between the past and present. For individuals with ambivalent attachment, memories can be both comforting and distressing, reflecting their conflicted desires for closeness and fear of abandonment or rejection (Ainsworth, et al., 2014; Lorenzini & Fonagy, 2013; Tolstaya, 2017). The way characters reminisce about or cling to their past, through the lens of the objects they keep, offers insights into their struggles with exact ambivalent attachment.

Tolstaya's *Unnecessary Things* shows that the character has a very deep bond with those unnecessary things, especially with the bear doll. It shows when the character reunited again with the bear doll. The reunion works like a reenactment of childhood animism in which personification of attachment from the past is still intact to this day. It is mentioned that this is a dramatic reunion because the character almost cries when she finds the bear doll (Ainsworth, et al., 2014; Lorenzini & Fonagy, 2013; Tolstaya, 2017).

The character then also explains that it feels like she finally meets with her baby after a long time. The bonding between the character and the bear doll is very deep until the character has hallucinations of the bear doll. It explains that the character feels the sensation that the bear doll hugs back the character's body with its solitary paws (Ainsworth, et al., 2014; Miller, 1987; Tolstaya, 2017). However, when the morning comes, and the character wakes up, the bear doll is gone and no longer on the same bed with the character.

CONCLUSION

The ambivalent attachment in Tatyana Tolstaya's *Unnecessary Things* shows a character that has so much attachment with some stuff that is obviously unnecessary. This ambivalent attachment happens because the character in this flash fiction does not have much attention from the character's caregiver, so the character has attachment with some stuffs, especially with a bear doll. These unnecessary things have been with the character since the character's childhood. This insecure attachment makes the character unable to socialize and struggle in adapting in a new environment. The character also brings a bear doll to the character's new apartment so that the character feels comfortable. Without these unnecessary things, the character might feel distress and anxiety or even depression. The character needs to bring those unnecessary things in order to feel complete. The character can just fill the new apartment with new furniture, but instead of buying some new furniture, the character decides not to do it and brings the character's unnecessary things. At last, her inner part pushes her to go beyond the attachment as shown by the disappearing bear doll when she returns home. This analysis reveals how the characters' interactions and internal struggles with attachment and detachment reflect broader psychological themes.

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