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Application of Attachment Theory in Jafar Iqbal's Dipu Number Two

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ABSTRACT

Jafar Iqbal, a celebrated Bangladeshi novelist, is known for his engaging stories, psychological insights, and depiction of youthful characters. Being an international figure, Iqbal earned much popularity worldwide but less in his home country. Among his notable works, *Dipu Number Two* was adopted in film too. The central character Dipu walks on the memory lanes of his childhood. It faces the psychological challenges of adapting to the situations, which have become an exploration of this study here. He managed to avoid the wrath of the brutal boy Tarique while sharing family issues and understanding each other's mental choices. This paper, however, intensifies the Attachment Theory to study Dipu's journey, magnifying his emotional views of tolerance in attachments. Dipu's lovely relations with his father and short-term meeting with his mother highlight the novel's search for emotional endurance and friendship moments. However, this analysis and exploration of knowledge emphasizes Dipu's mental adaptabilities, which connect contemporary readers and highlight Iqbal's writing significance to contemporary researchers.

Keywords: Attachment Theory, Friendship, Childhood Innocence, Emotion, Complexity, Nostalgia, Loneliness

Introduction

Jafar Iqbal's *Dipu Number Two* presents a live exploration of childhood bouncebackability, self-caring growth, and the power of adaptability. The novels highlight the activity of Dipu, who is a young boy, he faces several challenges of life because of his father's several navigations from one place to another. During these dimensions, Dipu achieves the impressive power of self-adaptability to his surroundings, such as forming new friendships and matching new situations every time. With this special power of resilience, Dipu is shadowed by the Adaptation Theory, which was conceptualized by John Bowlby, a British psychiatrist. According to Bowlby, the Theory of Attachment works with emotional bonds for the caregiving impacts of individuals who undergo adverse life experiences. In light of this, Dipu's psychological mechanisms signify the attachment theory here by making it a coming-of-age story of superintending life's transitions. However, the analysis of this article is based on the psychological frame analysis, like Dipu's character developments, a hostile and lovely relationship with his schoolmate Tarique; engaging moments with his father, the passionate wisdom of Dipu's mother etc. But the secure friendship, founded on shared vulnerability, indicates the foundation of Attachment Theory and supports Dipu's capacity to adapt and grow. Through this study, we seek to continue the practice of Attachment Theory in envisioning Dipu's emotional growth and the broader implications of secure attachments to succeed at life's challenges.

An Overview of the Novel

Dipu Number Two is the story of a boy named Dipu who moves to a new school because of his father's multiple shifting jobs to new places. In the school, He struggles to fit in until the teacher roll calls him by his full name. Right at that moment, the whole class finds out that there is another Dipu already enrolled with the same name. To avoid confusion, they call him "Dipu Number Two."

In the early days of the school, Dipu encounters trouble with a boy named Tarique, who bullies him. However, as they get closer day by day to get to know each other, they understand that they both have critical personal problems in their lives. Dipu learns that Tarique has much pain in his heart because of his mother's unwell mental situation and Tarique also learns that Dipu's mother is literally dead. At this point, their hearts become one and get stronger.

However, the story focuses on how a true friendship is formed and how a big difference can be made through mutual understanding and overcoming challenges. In fact, the story of *Dipu Number Two* manifests the importance of building powerful, protective bonds with the people around us that lasts forever in our memories of life. good friends and companies in one's life, it seems lonely through nothingness. To make it meaningful, a person needs faithful company.

Conceptual Underpinnings

The protagonist Dipu from the children's novel Dipu Number Two introduces the audience to childhood innocence and emotional resilience. (Siddique).

Jafar Iqbal reminisces and prefaces in an interview, "When I went to the US to do my PhD. in Physics, I was all alone there, not even a single person to speak Bengali with. The heavy load of studies, the overcast gray skies of Seattle, the drizzling rain, and the bitter winters all made for a very depressing loneliness. I created a teenager in my imagination. When I was upset, I used to see that fictional character walking around the university campus with a backpack. Once, I sat down to write the story of the happiness and sorrow of the young man and his beloved people, I finished writing it with deep love and named it *Dipu Number Two! Dipu Number Two* is still my very favorite novel. I am very fortunate that the children of this country embraced this novel with deep love just like me. This novel, written nearly three decades ago, is going out of print again today in a new guise, at which time I remember my children and teenage readers with deep compassion" (Translated into English).

In the film adaptation of this movie, Morshedul Islam tries to make the story enjoyable not only for teenage audiences but for all ages. This has made him popular among the people of Bangladesh. However, Muhammad Zafar Iqbal, the writer of this novel, is the driving force behind this masterpiece for what he is widely recognized in Bangla literature. Morshedul Islam has cemented his reputation as a distinguished filmmaker in children's cinema. The film, without any doubt, is a must-watch, extending a cinematic touch that keeps possession with its emotional depth from various standpoints. (Bluesmd). In the 1990s, almost every child recalls this story as a favorite as it became the source of motivation and inspiration during times of depression. The film, however, is the infusion of nostalgia in a walk down memory lane of a young boy now. (Shourav). The best part of the movie is when Dipu goes to meet his mother, who feels like such a stranger to him. When Babita, Dipu's mother asks,

"Is Dipu angry?" and Dipu says no, (she follows with),

"Then why don't you call me 'mother' yet?"

Dipu, crying, responds, "Why are you calling me 'you'?

You could say it like my father!"

He then asks tearfully, "Why did you and father quarrel?" (Samira).

At the end of the narrative, this story embodies escapist nature and is highlighted by a thrilling scene where the two youths, along with their group members successfully seized an entire group of robbers who were stealing a lot of cave antiquities (Dönmez-Colin). This scene offers the audience a suspenseful transportation to an enthralling world where young lads can grow up to be heroes. The film adaptation excellently captures such a spirit of adventure, appealing to audiences to escape into a suspenseful, larger-than-life narrative (Ahmed). Therefore, the authors mentioned above refer to *Dipu Number Two's* depth of emotion, period sentiment, and its impact on people, particularly youth. Siddique is awed by the multidimensional and childlike nature of Dipu and by Jafar Iqbal's own nostalgic connection with the book, brought on by loneliness. Bluesmd and Shourav, along with some critics, emphasize emotional tone, depth, and outstanding performances in the movie. Dönmez-Colin and Samira mention escapism, as well as emotional appeal, notably between Dipu and his mother, while Ahmed mentions its action-packed story.

But the distinctive feature of this article is that it approaches these conventional positions in a different manner. While earlier research is interested in the emotional intensity, nostalgic value, and thematic content of *Dipu Number Two*, the current proposed research article offers a new psychological perspective with the application of Attachment Theory to study the relationships between the novel's characters. This approach allows profound understanding of how Dipu's emotional growth and his relationships with family and friends represent psychological interaction, introducing new insight into the emotional growth of the character. By integrating literary analysis with psychological theory attachments, this research will contribute to both scholarly and psychological fields, providing a distinct perspective that has not been explored before.

Research Methodology

This study follows a qualitative approach and extends the thematic analysis to identify Dipu's adaptability by applying the Attachment Theory in *Dipu Number Two*. It encompasses how his bonding with his father, friends, and mother molds his emotions and maturity. The research illustrates how a friendship between Dipu and Tarique influences emotional growth. Forby, the study confers about Dipu's reunion with his mother, spotlighting both joyful and heart-wrenching moments that view the parent-child bond. However, the novel itself is the primary source of knowledge, supported by literature on Attachment Theory, child psychology, and relevant published articles. A close reading method is applied to pinpoint the key moments that figure Dipu's emotional changes, while a comparative approach glued these observations to psychological theories. In fine, this research paper unifies psychology and literature to unravel how Iqbal limns childhood relationships and adaptability. Ultimately, it aims to contribute to a significant apprehension of child philosophy and the potentiality of narrative in exploring psychological themes.

Psychological Attachments in Dipu Number Two

While staying in America, Iqbal thought about writing about the story of *Dipu Number Two*. He created the character in such a way that it resembles the character of the young boy Dipu (Deepu). Jafar Iqbal was adapting himself to the new environment there in the US, maybe he wanted to be the character Dipu himself who keeps trying to match the new situation in the new part of this world. This novel is the birth-child of the lonely emotions

generated inside of his mind. Thematically, this is the adaptability that teaches him to fight loneliness and cope with being in a fix. Such changes like relocating and establishing new relationships repeatedly for the sake of jobs, bring the matter of adaptability in the fullest sense. Like Dipu, Iqbal faces the same struggle while staying in the US. Both of them made their mental situations stable. According to Tasneem Naz, *Dipu Number Two* by Muhammad Zafar Iqbal is a very popular children's novel that foregrounds the venture of childhood memories and shows the growth of mental complexities. Dipu encounters exciting experiences while going on various expeditions with his friend Tariq, which wins the hearts of young readers.

However, the reading of this novel has become popular among the young generation of Bangladesh for its closure-coming issues of mental strength and simplicity of youth development. However, this children's literature has inspired readers for generations because it is so lovely to read on the book and watch on the screen.

In fact, Iqbal's sentimental remembrances, along with his identification with the fictional character he created in an attempt to cope with his own feelings of displacement and isolation, instruct us more about how Dipu symbolizes the ability to adjust in emotional hardship. Both Iqbal and Dipu find ways to adjust to their environments - one through imagination and writing, and the other through forging new relationships and experiences. This connection emphasizes the adaptability of the human spirit, a theme at the center of both the novel and the theory being explored.

Applications of Attachment Theory with Psychological Aspects

Attachment theory in adult friendships focuses on the emotional bonds that are influenced by childhood relationships, especially those with caregivers. Applying this theory to the character of Dipu in the film *Dipu Number Two*, we see how her childhood attachment experiences influence her to develop friendships, especially her friendship with Tarique. It is important to build up strong and caring relationship around us (6). This quotation demonstrates the significance of maintaining such relationships, which becomes the mark of Dipu's journey. How attachment theory influences Dipu's life is provided below:

Dipu's Early Attachments and Influence on Friendships

Dipu's life is greatly influenced by his experience with his parents. His mother abandoned him when he was young and this creates a sense of reprimanding within him. According to attachment theory, this initial trauma maintains how Dipu goes on to form a reserved relationship, pushes him to seek emotional shelter from other surroundings. In spite of not having his mother, Dipu feels a loving and warm relationship with his father. His father is his both father and mother who provides mental secureness signifying everlasting attachment. This secure attachment helps Dipu develop trust and resilience in his overall interactions with individuals, as he gains emotional support from his great father.

In the first conversation with Dipu's father after meeting Tarique, we see a psychological phenomenon of Dipu's inner unpredictability. This unpredictability may be a mirror reflection of childhood meekness which affects the stimulated change of his new friendships. However, Dipu's father serves as a stable and reliable figure in his life. The support and reliability he receives from his father gives Dipu the confidence to form relationships with others.

Dipu's insecure attachment can be triggered by his backgrounds. This can make him hesitant to develop new friendships and unable to be close to people. Dipu's actions sometimes show this insecurity in his relationship with Tarique. Otherwise, Dipu's secure attachment towards his father makes him develop a close and significant friendship with Tarique. The trust and support he receives from his father prompt him to trust others too and form close relationships with them.

Dipu's behavior shows the characteristics of secure and insecure attachment. This brings out the point of how early life experiences can affect a person's friendships and relationships.

So, it can be observed that the experiences of Dipu's childhood activities have a profound reflection on his friendships. The secure attachment to his father develops his confidence and resilience that are the epitome of friendship with Tarique. Besides, the insecurity caused by his mother's absence, makes him heedful in forming a new tie-up.

"Dipu: Why don't you say anything, baba?

Father: What should I say? (in a polite expression)

Dipu: That Tarique told me he would beat me severely?

Father: Then what will I do? (Dipu fell into a deep thought)

Dipu: Then, you said to me to fight him?

Father: I am not saying anything. (in a puzzling mood)

Dipu: If he wants to fight me?

Father: It is your wish whether you will fight him or not. Then, get beaten up!

(Dipu fell into a deep thought again)

Dipu (a bit later): Tarique smokes and he is terribly bad.

Father: Who says that the person who smokes is bad? If so, then I am also bad. I

would smoke during my childhood.

Dipu: Then, I will smoke.

Father: No. Why you? The smokers are bad sometimes.

Dipu: Then Tarique is bad." (96) (Translated into English)

The above dialogue shows Dipu's inner struggles as he tries to understand what is right and wrong while looking for support from his father. When faced with Tarique's threat, Dipu consults, but his father's evasive answers confuse him and make him waver. Dipu tries to categorize Tarique as 'bad' because he smokes, but his father's contradictory answers make it harder and harder for him to decide. Dipu even goes so far as to suggest that he will start smoking in the hope of a clear-cut answer, but his father's contradictory messages only increase his confusion. Finally, Dipu simplifies things for himself by deciding Tarique is bad, showing his difficulty with abstract concepts of behavior and goodness.

Actually, the method of Dipu's father's courteous responses is a smart means of getting Dipu to think for himself. Instead of giving clear advice, he uses twists to encourage Dipu to figure out the situation on his own. When Dipu asks about fighting Tarique, his father says, "It is your wish whether you will fight him or not. Then, get beaten up!" (96), which looks dismissive but is meant to make Dipu consider his choices. In the same way, when Dipu considers Tarique bad for smoking, the father complicates the idea by acknowledging that he himself used to smoke before, and so Dipu considers more what actually makes wrong. Such responses, although respectful, provoke Dipu to enhance his concepts of right and evil so he can grow up and learn to decide things for himself.

Next, Dipu's encounter with Tarique is initially hostile and confrontational. Tarique beats Dipu severely on his way back from school, but a teacher eventually intervenes to save him. Later, Dipu develops an affinity with Tarique, which could be interpreted as his attempt to test the emotional boundaries of his new environment, possibly reflecting an insecure attachment stemming from his mother's absence. Since his father is very much friendly with him, Dipu decides not to conflict with Tarique but to handle all the matters himself. This attempt illustrates the secure adaptive mind of Dipu as he has reached the point of courage to tackle the situation independently, without seeking assistance from elsewhere or authority.

The Development of a Secure Friendship

Friendship is among the strongest and most instinctive human bonds. It is formed based on confidence, concern, and respect. As opposed to passing or casual connections, a stable friendship is robust, dependable, and regular. This type of friendship emerges gradually over many years based on mutual experience, insight, and the ability to approve of one another's differences without criticism. The more time individuals spend with each other, the safer they feel, they accept, and are respected, thus the strength of the friendship builds.

Dipu and Tarique, however, share experiences that create an unsoiled connection, such as the adventure on the rooftop water tank and then discovering the cavern. These problems strengthen their relationship. Attachment Theory asserts that a secure friendship is formed when individuals feel safe to share any problematic issue to find a new solution. Tarique's disclosure of his demented mother and Dipu's revelation about his estranged mother form a mutual emotional connection between them because both of them have serious mental crises regarding their mothers. A turning point is when Dipu knows about his mother's past, which greatly changes his perspective and sustains a richer connection with Tarique, who also tells him about his problems. This conversation about their family problems creates a strong connection between them with empathy and internalization. This emotional sharing draws them closer, from normal interaction to a deep attachment-based friendship.

At the heart of a healthy friendship is that we think our friends will be able to be there for us when things go wrong. That kind of friendship makes people less lonely, allows them to grow up, and keeps them in good mental health. Psychologists John Bowlby and Mary Ainsworth have said that what we learn from growing up with parents and cares plays a big part in creating and sustaining adult friendships. A person who has grown up feeling safe and loved generally has an easier time forming trusting and healthy friendships.

Good communication, listening, and feeling empathy for the other's feelings are also very important in developing a secure friendship. Trust does not develop overnight—it is developed over time by acts of kindness, honesty, and reliability. In addition, remaining open and sharing feelings allows friends to connect with each other more deeply and build their bond stronger. Dipu and Tarique, however, swap their emotional support for one another. Their relationship becomes more meaningful and trusting from conflict to collaboration.

In today's world, where people have a tendency to stay in touch with phones and the internet, it is more convenient and at the same time more challenging to have intimate friendships. Technology enables people to stay connected, yet it can also lead to shallow or unclear communication. That is why being emotionally present and setting aside time for each other remain absolutely vital.

Impact of Mutual Vulnerability and Support

When friends open up to each other their true feelings, fears, or weaknesses, close emotional connections are formed. Both the persons feel trusted and valued when they become open to each other. When the other person supports the person in negative situations, the friendship grows and becomes deeper. The friendship creates trust, empathy, and the sense of security and thus the relationship becomes powerful and strong.

This way, Dipu and Tarique's bond continues as both the emotional issues as well as outside dangers exist side by side. They are initially presented as enemies, but with the greater participation in the quest of finding the smugglers, there is the establishment of a deeper connection between them in their alliance. This emergence of friendship is fulfilled as evidence of how mutual experiences and encouragement among one another can form stronger emotional connections. According to Attachment Theory, mutual vulnerability and dependability are the basements with which, strong, healthy friendships are built. As trust has been developed between both of the boys, it is understood that reliance can be placed on each other, not just for physical safety but also for emotional support. Their connection extends beyond the companionship transforming it into a relationship where personal confusions, insecurities and struggles can also be measured.

Dipu's relationship with his father is a pillar of building, and it helps develop a bond with Tarique. The trust and favor Dipu gets from his father create the bedrock of connecting others. His secure attachment to his father assists him in understanding the value of mutual dependence and emotional aid, which he then carries into his new friendship with Tarique. This proximity is based on continued experience and interdependence, which allows their relationship to become more stable and solidifying it into a secure attachment.

Growth and Separation

As friends draw closer to each other, they learn about themselves and each other. They gain wisdom, patience, and inner strength. Friends can become more distant in different directions through changing lives, differences in goals, or circumstances, though. Separation hurts but sometimes part of life. Emotional growth shared by friends can have a lasting positive impact even if the friends part ways. Emotional growth.

Thus, the novel *Dipu Number Two* is an illustration of the most important characteristics of Attachment Theory including the problem of separation and emotional development. When Dipu has to relocate from one place to another due to his father's job transfer, it becomes a milestone in his life. This somatic aloofness alludes to the general way of segregation that turns over a new leaf as individuals fully fledge their personalities and change their actions of spirits. But Dipu's emotional law that he accumulates towards the end of the story reveals that his friendly relationship with Tarique remains strong despite the confrontation between them. This is an evident example of how secure attachment can dominate physical distance.

The attachment theory suggests that any relationship formed on the basis of a solid emotional foundation keeps providing security even if one is not in a close relationship anymore. For example, Dipu's friendship with Tarique does not erase the emotional attachments they created between them rather; their excellent friendships linger as the embodiment of endmost comfort and mental strength. It creates a lasting impact on their juvenile minds which is why they are called combinedly as secure attachments. Even after the break with Tarique because of his father's job shifting several times, the stability and emotional fortitude remains longer lasting.

Finally, *Dipu Number Two* shows that even though they are apart, the bond of true friendship never fades. Despite the distance between Dipu and Tarek's friendship, it is seen how much they are able to remember each other and share all their sorrows and disappointments. Looking at their friendship as an example, it is seen that they hold onto memories for a long time and remember each other all the time.

Justifications of the Attachment Theories

Attachment Theory, initially developed by John Bowlby, untangles the way how matured emotional bonds among children and caregivers contour personality development, etiquette, and future relationships. In Jafar Iqbal's novel *Dipu Number Two*, the theory helps us have a profound insight into the psychological development of the main characters. From Dipu's relationship with his father to Tarique's change, from the impact of Dipu's mother's leave to Tarique's background, we can look into the inner emotional dynamics of their action. The following exchanging ideas apply Attachment Theory to main characters in the novel:

For a healthy child development, a father like Dipu's plays the central role of emotional resilience and adaptability which is considered as 'secure base' Attachment Theory.

Frequent change of his father's service, emotional stability focusses mental stability. This secure changeover offers Dipu to face new environments and challenges in a self-assured way. According to Bowlby (1969), secure attachments are developed when a person who looks after a bond carefully, provides emotional support and care in a fair and impartial way. Dipu's father bekens this through his companionship and recognition, buttressing Dipu's self-esteem and social-artistry. Even as the frequent mobility may have undermined stability, Dipu's firm convictions about the emotional availability of his father helped him recover from the previous trauma to navigate fresh schools and make connections. This emotional security finds expression in his subsequent relationship with Tarique. From an Attachment Theory perspective, Dipu's father's ceaseless presence corroborates Dipu's potentiality to inevitable stress and form positive relationships, catching the consequence of parental care in fostering emotional springiness (Ainsworth et al. 1978).

Tarique's character development does effectively highlight the effective value of insecure attachment. His behavior in the beginning is more that of a child who has an unassertive attachment style and exhibits aggression as well as a lack of being able to manage his emotions. His transformation from bully to friend to Dipu highlights the healing power of nurturing relationships. We can interpret Tarique's earlier aggression as a defense shield, something that most insecurely attached children develop due to unresponsive or inconsistent care (Main & Solomon, 1986). His aggression towards Dipu might actually be triggered by unresolved emotional pain, which may be related to feelings of neglect or lack of emotional support at home. As Dipu opens up his own personal life, Tarique begins to trust him, and they two become close friends. This is evidence for research showing how friendships during adolescence can substitute for insecure attachment in early life (Furman & Buhrmester, 1992). With his friendship with Dipu, Tarique finds emotional security that tones down his violent tendencies. Tarique's character growth shows how insecure attachment can lead to maladaptive behavior but also how new emotional attachment can heal and stabilize an individual's emotional world.

Dipu's mother's absence for most of his life puts Attachment Theory's comments regarding separation and reunion into biting focus. The novel explores the emotional void resulting from her presumed death and the complicated feelings that come with her return into Dipu's life. For Bowlby (1973), prolonged separation from a main caregiver can result in feelings of abandonment and emotional insecurity. For Dipu, being informed that his mother had died would have likely had an emotional impact, although having his father provide consistent support made some of this negative impact more tolerable. When Dipu learns that his mother is not dead, the emotional impact is huge, creating conflicting feelings of happiness, confusion, and anger. This is parallel to the challenge children have in reunions with caregivers who were not with them during the periods of development (Bretherton, 1992). The reunion gives a solid emotional reference point for Dipu, testing his capacity to incorporate these ambivalent feelings. This is consistent with Attachment Theory's focus on how early attachment interruptions impact one's ability to cope with subsequent emotional events, like an unseasonable reunion with an estranged parent.

Although less prominent in the book, Tarique's domestic environment plays a substantial role in causing his early behavioral issues. His aggression can be traced to an insecure home attachment, likely triggered by emotional disregard or a dysfunctional family environment. Tarique's aggression towards his peers, particularly his bullying of Dipu, is characteristic of the emotional turbulence exhibited by children with no stable emotional attachments in the home environment (Carlson et al. 1995). His inability to get a stable emotional support system at home may have led to his externalizing behaviors because he could not control his emotions and handle social relationships. With Tarique forming a secure attachment with Dipu, he begins to develop the emotional stability he lacks at home. Dipu's stable support and understanding help him gradually let go of his aggression and incorporate a positive approach. This is an example of the way in which new, compensatory attachments can provide the emotional anchor necessary for healing (Zimmermann, 2004). Tarique's attachment to Dipu is a strong example of the way in which peer relationships may function as a sort of emotional repair for people with insecure family attachments.

Conclusion

Lastly, the study explores how psychological attachments shape Dipu's emotional development and interpersonal connections. Attachment Theory is applied to show how Dipu's initial attachment to his father affects his ability to form a secure relationship with Tarique. Their friendship is secured through trust, emotional care, and shared activities, demonstrating how secure attachments are centered in a child's life. Their methodology also displays the impact of vulnerability, growth, and final disconnection outlining how relationships transform over time. The novel clearly delineates the key ideas of Attachment Theory, allowing us to understand that early emotional bonds have an impact on a person's ability to bond with others. Jafar Iqbal's account of Dipu's resilience and adaptability makes the novel extremely personal, affirming his skill at explaining the dynamics of childhood emotions. Though his works have not been as internationally critically examined, his writing is important in Bangladeshi literature. This review guarantees *Dipu Number Two* to be a worthy addition to psychological and literary studies, showing how attachment experiences influence personal development and long-term friendships.

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