

ABSTRACT

Using a literary psychology perspective, this paper will examine the character of Tamara in the novel *Theater of War* by Andrea Jeftanovic and her experience with Post-Traumatic Stress Disorder (PTSD). Trauma is a significant psychological experience with a long-lasting impact on mental health and well-being. Traumatic events can trigger a variety of emotional and behavioral responses, such as excessive anxiety, nightmares, and avoidance. The aim of this study is to identify the factors that triggered Tamara's PTSD and analyze its impact on her social relationships.

This research takes a qualitative approach to gain an in-depth understanding of Tamara's experiences and perspectives as a child. Data were collected through a careful analysis of the novel's text to identify relevant narratives and dialogue. The theoretical framework is literary psychology, which connects the psychological state of the characters to the reality of trauma, PTSD criteria based on the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) of the American Psychiatric Association (APA).

The results showed that Tamara's PTSD was triggered by psychological factors, such as a lack of emotional support from her family, parental conflict, and maternal amnesia; social factors, such as economic inequality, physical and verbal violence, cultural differences, and sexual harassment, also genetic factors, such as the legacy of her father's war trauma. PTSD impacted Tamara's social relationships, causing her to experience difficulty building trust, loneliness, alienation from her family and surroundings.

Keywords: *PTSD, Childhood Trauma, War Trauma, Literary Psychology, Social Relationships, Psychological Factors, Social Factors, Genetic Factors.*