

ABSTRACT

This research thesis discusses the psychological disorder, namely PTSD (Posttraumatic Stress Disorder), suffered by the main character in Hanya Yanagihara's *A Little Life* (2015). The trauma narrative remains significant as it demonstrates the worst possible outcome of neglected and repeated trauma. While scholars have already discussed the trauma within the novel, there is hardly any research specifically addressing the trauma as PTSD. Therefore, the study aims to identify symptoms, traumatic events, and effects of PTSD suffered by Jude St. Francis as the main character. Furthermore, the study uses a psychological approach and applies the PTSD theory by American Psychiatric Association (2022) in *DSM-5-TR* to analyze the collected data. The data were obtained through a close reading method of the novel. Although using *DSM-5-TR* as an analytical framework, the study's purpose is to reveal the representation of PTSD in literary work rather than clinically diagnose Jude as a real patient. The findings indicate that Jude exhibits all four PTSD symptom clusters: Intrusion, Avoidance, Negative Alteration, and Arousal. His condition is associated with multiple traumatic experiences, including sexual violence, physical abuse, being kidnapped, serious injury, and learning of the lover's death. Moreover, PTSD causes functional impairment in his life, such as poor relationships, physical health problems, reduced quality of life, and increased suicide risk. Overall, Jude illustrates the profound impact of repeated trauma and untreated PTSD, emphasizing the need for greater recognition and mental health awareness.

Keywords: PTSD; Childhood Trauma; Sexual Assault Survivors; *A Little Life*