In *The Hunger Games* by Suzanne Collins, Katniss Everdeen begins as a determined yet emotionally guarded girl from District 12, driven by survival instincts rather than an ideal lifestyle compared to other districts. However, as the story progresses, her experiences in the Capitol and the Hunger Games force her to confront deeper issues of identity and morality. Her character undergoes a significant transformation, where she evolves from a self-reliant teenager focused on feeding her family to a personality of resistance against an oppressive system. Her growth highlights the importance of personal growth and sets her on a path that transcends her original goal of survival.

At the start of the book, Katniss is primarily motivated by the need to provide for her family after her father’s death, a mindset that shapes her actions in District 12. In the first few chapters Katniss states, “It’s the only way I can keep my family alive,” (Collins 27), revealing her primary focus on survival rather than luxury. This is obvious in her daily struggles such as hunting illegally to provide food for her family and trading in the black market. These actions she performs not out of rebellion, but as a necessity. However, her participation in the Hunger Games forces her to face more dilemmas that challenge her survival-driven mentality. When Peeta expresses his desire to “show them that I’m more than just a piece in their games,” (Collins, 142), Katniss begins to question what it means to maintain one’s humanity in the face of overwhelming oppression.

This moment marks a head shift in her internal conflict as she begins to tackle the idea that survival alone may not be enough. She thinks that there must also be resistance to the system that embraces such brutality. Therefore, Katniss’ time in the Capitol and arena sparks a profound change in her worldview, pushing her to question her values and the larger social structure around her. By the end of *The Hunger Games*, Katniss has evolved from a girl focused on survival to a reluctant symbol of bravery against the harsh Capitol. Her initial concerns about protecting her family gradually intensified to include more moral concerns about the Capitol’s oppressive control over the districts.

The shift in her mindset is influenced by her relationship with Peeta and her experience in the arena. Katniss’ transformation in the book reflects the power of adversity to shape individuals, pushing them beyond their immediate goals toward larger, more impactful choices. In conclusion, Suzanne Collins illustrates how personal conflict can awaken a deeper sense of justice, even in the most unlikely of heroes.