

# CHAPTER I

## INTRODUCTION

This chapter consists of the background and the objectives of this translation project.

### **1.1. Background**

Humans are social beings who have interaction with each other in order to meet their various needs. As a result, humans are unable to exist without communicating with others. Humans detect culture in everyday life and produce a variety of ideas, activities, and artifacts to meet their needs. One of the most essential factors influencing human life and culture is language. Language consists of words, groups of words, clauses, and sentences that are expressed vocally or in writing as a form of communication (Idhom, 2021).

In today's society, people cannot rule out the possibility of encountering different languages in the daily lives. Whether it is a single phrase or a series of texts or foreign language quotes from television (news), movies, or music, or a series of texts or foreign language quotes from literature. Therefore, translation will be very useful in this era. In the research from Newmark (1988), translation is the process of converting the meaning and value of a foreign language into a target language that can be

understood without changing the existing context, and it will be incredibly helpful in this period of time.

The book that the translator chose for her translation project is Anne Bogel's *Don't Overthink it*. This book is categorized as a self-help book and was released by The Baker Publishing Group in 2020.

Overthinker is a term used to describe persons who think overly. This is not the same as thinkers; persons who behave in this way tend to worry over little matters. The tendency of an overthinker to think endlessly on the worst-case scenarios of life can be a waste of time and worrying about the same thing over and over again causes one's energy levels to drop and makes the body feel drained. Many people falsely believe that this attitude means being cautious before making a decision. In fact, excessive overthinking might have a negative impact on the individual's health.

The exact reason of excessive thinking is uncertain. People with mental illnesses, such as anxiety disorders or depression, are more likely to have this overthinking mentality. Anxiety disorder is a condition in which a person feels excessively worried and afraid in dealing with numerous everyday situations. Meanwhile, depression is a mood disorder that makes a person continues to feel sad and lose interest. Anxiety and depression among youngsters are not a new phenomenon. However, the number of teenagers or young people aged 12 to 25 years who are diagnosed with serious depression has risen significantly in recent years. The factors that contribute to the emergence of overthinking are numerous and vary

according to the individual's age. Overthinking is common among teenagers and young adults as a result of struggles with love, relationships, career, and themselves. The worst issue is when they have negative self-perceptions. Feeling less attractive, appealing, recognized, and so on. Furthermore, social media is one of the components that lead to overthinking. The majority of teenagers feel insecure or inferior because of the amount of bullying that occurs on social media, such as comments and harsh responses from people who are not socially aware — this is also inseparable from the tendency to compare oneself with those who have higher position or power in the real world or social media. Overthinking is dangerous since it can lead to mental health problems. Many people show their overthinking as a result of their mental illnesses by doing harmful actions such as hurting themselves or even ending their lives (mentalhealth.gov, 2022).

According to research conducted by the World Health Organization (2020), every year, about one million people commit suicide, resulting in a global mortality rate of 16 deaths per 100,000, or one death every 40 seconds. Death number will increase to one every 20 seconds by 2020 as for the predictions.

*Don't Overthink It* by Anne Bogel emphasizes that overthinking is a choice that people can choose and control so that it does not occur. The decisions are influenced by each individual's principles. Many of the decisions that have been taken become simpler when people have a larger vision for their lives. This book is useful for those who wish to concentrate

on the important things in life and learn how to avoid decision fatigue. Anne Bogel has been helped by these little cumulative improvements in her life, and she intends to share this information to help others. The truth is that we can all improve, but it will take time. It will be a difficult process, but it will be worthwhile.

## **1.2. Project Objectives**

By translating this book, the translator hopes that she can help the target reader to understand the meaning of the book; especially for those who experience mental disorders in the form of overthinking or excessive worry in order to understand the meaning of the book and also extract the essence of the text to get out of their overthinking problems and achieve a mentality of well-being. Personally, the translator also wants to develop her skill in interpreting a language and culture into Indonesian languages and cultures well. She wants to enjoy and learn the translation process, from reading and exploring the book's content to translating it using several software, and then evaluating the results before giving it to the lecturer to be checked and publish it so that she can help other people by her translated version of the book.