CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter consists of a review from the literature related to the book entitled *"Don't over think it"* by Anne Bogel, in terms of theory of translation as well as review of the earlier works that help the translator during the process of translation.

2.1 Theory of Translation

According to Wills and Noss (1982), translation is a process that aims to transform a written SL (Source Language) text into an optimally equivalent TL (Target Language) text, and it requires a syntactic, methodical, and pragmatic comprehension of the Source language text as well as analytical processing.

In translation, there are several important elements that must be known.

1. Target Langauge and Source Language

    The source language (SL) is the language that will be translated, while the target language (TL) is the language that will be translated into or arrived at. The translator must be fluent in both the source and target languages, as well as holds a significant level of linguistic sensitivity, as the translator must convey the writer's intention, original views, and opinions in the translated version as accurately as possible (Rillo, 2017).

2. Fluency and Transparency

    A fluent and domesticated text helps to create what Venuti (1998) refers to as an "illusion of transparency," which occurs when the text is so fluent in

the target language that the translation becomes "transparent" and the translator "invisible". With the text's fluency, the translator attempting to pretend that the situation is other than it actually is (Banks & Banks, 2019).

3. TL-oriented and SL-oriented

In order to transfer emotions, understanding, and satisfaction, TL (Target Language) oriented translators rewrite the meaning in their imaginations. It is mainly employed for the aim of entertainment. Every source text is an original for a "Source Language oriented translator," meaning it cannot be modified in any manner. The author's choice of words was not made at random. Too much flexibility would undermine the essence creation of the book. This is usually used for the education needs in translation.

When it comes to translation, the word "method" means a well-thought-out plan for how to do it. When choosing a method, it's important to think about who the text is for, what kind of text it is, the writer's goals and intentions, and why the text is being translated. The following are the eight methods of translation mentioned by Newmark in his book *A Textbook of Translation* (1988):

1. Word-for-word Translation

When it comes to the use of this method, the word level serves as the linguistic unit. The words are translated one by one, but the context is not considered. The cultural terms used in SL are translated word by word (literally). This method works well if the structure of the SL is the same as the structure of the TL, or if the SL text is made up of only single words,

not phrases, clauses, or sentences, so that their meanings will not get mixed up. This method can also be used when translating a difficult expression by doing a word-for-word pre-translation, which is then reconstructed into an appropriate translation of the expression.

2. Literal Translation

The literal translation method falls somewhere in the middle of the word-for-word translation and the free translation method. In the translation process, the translator looks for grammatical constructions that are either equivalent in SL or near to TL. This translation was first done as a word-by-word translation, but the translator would later rearrange the words in order to make them fit to the grammatical structure of the TL.

3. Faithful Translation

Translating using this approach aims to provide contextual meaning while sticking to SL's grammatical structure. The translation is as faithful as feasible to SL. Because of this, there is a difference with the TL guidelines, especially in relation to the translation of cultural concepts, which leads the outcomes of the translation to frequently come off as being stiff.

4. Semantic Translation

In terms of SL, this method is more flexible than the faithful translation method. The readers will have an easier time comprehending the material if cultural words have been translated. The SL of this method prioritizes aesthetics, but with appropriate concessions.

5. Adaptation

This is the most flexible approach to the translation process. To put it another way, the connection of language and culture to the SL is very weak, to the point where it is nearly non-existent; in fact, the attachment is closer to the TL. The cultural aspects that are found in SL are gradually being replaced with cultural elements that are more and more relevant to the readers who will be consuming it. This approach is frequently adopted when translating works of play or poetry.

6. Free Translation

The free translation method places more of an emphasis on the content of SL rather than its structural form. This method limits freedom to expressing meaning in SL, therefore the intent or content of SL remains limited even when the text's structure has not resurfaced. Additionally, the search for equivalents often occurs at the text level rather than at the level of individual words, phrases, clauses, or sentences; it will seem like paraphrasing SL.

7. Idiomatic Translation

Idiomatic translation employs the natural form of the TL text based on its grammatical construction and lexical selection. Authentic idiomatic translations do not appear to be translations. The outcomes of the translation are so accurate that it seems as though they were produced by native speakers themselves.

After that, a professional translator will attempt to translate the content in an idiomatic way. Idiomatic translation uses more natural and familiar language than SL text to translate the content.

8. Communicative Translation

The aim of communicative translation is to convey the intended meaning of the context in which SL materials are written, taking into consideration of both the language and the content aspects of the messages, so that they may be accepted and understood by readers. This technique considers the fundamentals of communication, particularly the reader's viewpoint and the objective of the translation (Newmark, 1988).

According to Bell (1991), translators who employ communicative translation approaches are required to have the following four competences in order to be successful in their work:

a) Grammatical knowledge: Knowing the rules of the language. Including words and how to format them. How to say and spell words and how to put sentences together.

b) Sociolinguistic competence: Knowing and understanding context-appropriate utterances.

c) Discourse Competence: The ability to combine form and meaning to create unified speech and writing in different genres. This unity depends on cohesion in form and coherence in meaning.

d) Strategic Competence: The ability to use strategic communication to improve communication or make up for breakdowns.

As a rule, the emphasis in a communicative translation is on enhancing the reader's understanding of the text by making it easier to understand. However, this doesn't apply when the text takes place outside of the target language's temporal and spatial boundaries.

In addition to the significance of the translation method, something else that translators need to pay attention to is the quality of the translation. This quality is the extent to which the translation meets certain requirements or standards that have been established in advance. These can either be defined in accordance with the standards that are specified for the industry or in terms of the qualities that are particular to the context. Accuracy, spelling, punctuation, style, layout, client requirements, grammar, and terminology are all factors that the translator must consider while assessing the quality of a translation job.

2.2 Anxiety and Overthinking

According to Petric (2018), overthinking is a circle of useless thoughts. Overthinking can also be seen as an excessive number of thoughts that are not necessary, which can lead to anxiety. As a result of anxiety and overthinking, people may have symptoms such as sleep problems, drinking and caloric consumption, addictions to drugs and alcohol, and smoking.

Overthinking disorder has more than one level. First-degree overthinking is a mild form that normal people sometimes go through, especially during stressful times.

People who suffer from anxiety disorders tend to engage in moderate levels of overthinking, which is known as second-degree overthinking. Moderate overthinkers are practical, but their emotions are uncontrollable, and this makes them vulnerable to the destructive effects of excessive thinking. These people often worry more than they should about their lives.

The extreme level of overthinking is the third stage of the disorder. Those who engage in extreme degrees of overthinking run the risk of being detached from reality. These people have severe anxiety disorders and/or psychotic tendencies. When a person has a lot of obsessive thoughts that are put together into mental structures, these thoughts can be thought of as psychotic elements.

Anxiety and depression are linked to negative emotion knots. When positive and negative emotions are not balanced, negative emotion knots form. Negative emotions have their purpose, but a healthy emotional lifestyle requires balancing them with positive ones. The five main types of negative emotions are sadness (depression, hopelessness, despair), anxiety (fear, worry, concern, nervousness, panic), anger (irritation, frustration, annoyance, distress), guilt, and shame.

Overthinking disorder and anxiety can be prevented or treated by untangling knots of negative emotions. Positive emotions like love, joy, and gratitude help keep the mind's intellectual capacity in check so that people don't always think too much. People who feel enough positive emotions can control everyday problems better and be better prepared for stressful situations.

According to Courtney Ackerman (2018), there are many types of positive emotions in humans such as joy, gratitude, serenity, interest, hope, pride,

amusement, inspiration, awe, elevation, altruism, satisfaction, relief, affection, cheerfulness, surprise, confidence, admiration, enthusiasm, eagerness, contentment, enjoyment, optimism, happiness, love. Strong positive emotions, especially love, are necessary for a healthy mind, healthy reflection, and the development of a productive and well-organized mind.

2.3 Review on Earlier Works

The translator used earlier publication as references to conduct this translation project. To explore previous works, the translator searches the self-help literature genre. The translator used Mark Manson's book entitled *The Subtle Art of Not Giving a F*ck* and the translated version, *Sebuah Seni untuk Bersikap Bodo Amat* published by Gramedia Widiasarana Indonesia. This book explores into to the art of being unconcerned about what other people think and expect from life. Because life only happens once, live it to the fullest. There's no need to waste time trying and forcing oneself to be loved by everyone. Because believe it or not, all the efforts will be for worthless. People have no power to make other individuals accept them. As a result, ignoring the negative voices in one's life allows one to concentrate on the positives.

F. Wicaksono, as the translator of this book, uses a TL-oriented approach to make it easier for readers to understand what the original author, Mark Manson, wanted to convey.

Original version (The Subtle Art of Not Giving a F*):**

Welcome to the Feedback Loop from Hell. Chances are you've engaged in it more than a few times. Maybe you're engaging in it right now: "God, I do the Feedback Loop all the time—I'm such a loser for doing it. I should stop. Oh my God, I feel like such a loser for calling myself a loser. I should stop calling myself a loser. Ah, fuck! I'm doing it again! See? I'm a loser! Argh!"

Translated version (Sebuah Seni untuk Bersikap Bodo Amat):

Selamat datang di Lingkaran Setan. Anda bisa mengalaminya beberapa kali atau lebih. Mungkin sekarang Anda sedang mengalaminya;

'"Tuhan, saya berada dalam Lingkaran Setan- saya seorang pecundang karena mengalaminya. Saya harus berhenti. Oh Tuhan, saya merasa seperti seorang pecundang karena menyebut diri saya seorang pecundang. Saya harus berhenti memanggil diri saya seorang pecundang. Aduuh, kurang asem! Kenapa saya malah mengucapkannya lagi! Nah, 'kan? Saya sungguh pecundang! Argh!"

In order to be accepted by the target readers, the translator should adjust to the cultural adaptations like the one seen above. Instead of utilizing swear words like in the original edition, the translator utilizes more polite language that is appropriate for Indonesian culture.

CHAPTER III

PROCESS OVERVIEW

This chapter will include the details of the translation project, such as the translation material, translation method, stages of completion, and proposed project timeline.

3.1. Project Description

The book that the translator uses is the book *Don't Overthink It* by Anne Bogel. This is a self-help book that was released in 2020 by the Bakers Publishing Group. This 224-page book explores our habits of being trapped in a what-if cycle, troubled by uncertainty, and paralyzed by the fear of being wrong. Anne Bogel points out that you can not only overcome negative thought