

ABSTRACT

A TRANSLATION OF MEGAN C HAYES PhD'S *WRITE YOURSELF HAPPY:
THE ART OF POSITIVE JOURNALLING*

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Clarissa Gisela Frederick, Universitas Ma Chung;

Advisors: Wawan Eko Yulianto, Ph.D and Ounu Zakiy Sukaton, S.Hum, MGAL

Awareness of the importance of preserving mental health has started to rise among Indonesian people. However, there is still a lot to do to support efforts to raise awareness of this issue. References and practical helps are still needed nowadays. This thesis is a translation project that aims to assist people in dealing with issues that arise in their lives, especially with their mental health, by providing a true source of positivity for the readers, especially those whose English capacity does not allow them to access the book. The writer of this thesis decided to translate a self-help book entitled *WRITE YOURSELF HAPPY: The Art of Positive Journaling* by Megan C Hayes PhD. This practical workbook demonstrates how to use the eight most frequently experienced positive emotions: joy, gratitude, serenity, interest, hope, pride, awe, and love, to work, helping us feel better and live better lives. This book shows us how, using a positive journal, people could write more consciously, in a way that engages and promotes our most supportive and life-affirming emotions. In translating this book, the writer focused on using the targeteers method, which means focusing more on how readers could easily understand the translation. The writer applied Newmark's (1988) translation methods such as communicative translation, cultural equivalent, and descriptive equivalent. The writer encountered difficulties during translation, mainly translating idioms and being too literal to the source language (SL). Nonetheless, the writer overcame the problems by applying the theories and following research conducted by experts and providing accuracy, legibility, and clarity in the target language (TL).

Keywords: journaling, mental health, positive emotions, translation