

## CHAPTER II

### REVIEW OF RELATED LITERATURE

This chapter will discuss the theories that the writer will use in translating the book entitled *WRITE YOURSELF HAPPY: The Art of Positive Journalling* by Megan C Hayes PhD. The writer puts two theories, the theory of translation and positive journalling. Other than that, the writer will also discuss reviews of earlier works that have been translated before, which will help the writer translate the book.

#### 2.1. Theoretical Framework

##### 2.1.1. Theory of Translation

There are many definitions of translation put by experts. The following theories are guidelines for the writer in completing this translation project.

According to Larson (1984), “translation consists of studying the lexicon, grammatical structure, communication situation, and cultural context of the source language (SL) text, analyzing it in order to determine its meaning, and reconstructing the same meaning using the lexicon and grammatical structure which appropriate in the target language (TL)”.

Similarly, Catford (1965) stated that translation is a process of substituting a text in one language for a text in another language. Furthermore, he defines translation as replacing textual material in the source language (SL) with equivalent textual material in the target language (TL). The writer concludes that translation is the process of

transferring the essence of one meaning to another and changing the form from the source language (SL) to the target language (TL).

According to Hatim and Munday (Hatim & Munday, 2004), translation is “the process of transferring a written text from the source language (SL) to the target language (TL)”. In this definition, they emphasize translation as a process. They do not explicitly state that the object being transferred is a meaning or message.

After reading all the experts’ definitions above, the writer can conclude that translation deals with Source Language (SL) and Target Language (TL). As the experts said above, in translation, we transfer the meaning of SL in TL form. In short, translation is the activity of transferring a message from the source language (SL) to the target language (TL). A translation cannot be a translation if the meaning is not equivalent or even contradicts the Source Language (SL).

According to Landers (2001), there are seven main concepts in translation. The writer will mention five of the seven concepts that are relevant to the project of translating non-literary works that the writer will work on.

1. Fluency and transparency

Fluency is related to how a text will be smooth and readable in the target language (TL), while transparency is related to how the translators complete representation of everything that the text has.

## 2. Author-Translator-Reader Relation

The fundamental principle is that the translator should maintain equal proximity to both the author (or the SL text) and the reader (the final product, the TL text).

## 3. “Targeteers” and “Sourcerers” or TL-oriented and SL-oriented

Targeteers are those who lean towards the target language (TL-oriented), while sourcerers are those who lean towards the source of language (SL-oriented).

## 4. Thought-by-thought

Landers claims, in summary, the goal is to translate what the SL author meant rather than what he or she wrote, and thought-by-thought is usually the best method for doing so.

## 5. Adaptation and Translation

The translators need to adapt when the text is also to be spoken, when it is for entertainment and includes humor, and when it includes puns or word play.

Adaptations are not inferior to translations. They merely apply a different set of methods to the selfsame problem of recreating as closely as possible for the TL reader the effect experienced by the SL reader. In some ways, adaptations are even more challenging than more conventional translations, for they demand even greater flexibility and an unfailing sense for what the TL audience will find humorous, scary, or persuasive. Beginning translators are better off sticking to more straightforward translation until they acquire the

experience and confidence to take on adaptations, which are certain to test their mettle (Landers, 2001, pp. 58–59).

The translation method refers to how a specific translation process is carried out in terms of the translator's goal, or a global choice that impacts the entire text. In brief, the translation method greatly affects the translation result. Therefore, it seems that the result of the translation of a text is largely determined by the method followed by the translator, considering that the translator's purpose and intentions affect the overall translation result (Molina & Albir, 2002).

Newmark (1988) divided translation into eight types, and each type is further subdivided into two scopes: methods closer to the source language (SL) and methods closer to the target language (TL). On the one hand, the source language (SL) group are word-for-word translation, literal translation, faithful translation, and semantic translation. On the other hand, the target language (TL) group are adaptation, free translation, idiomatic translation, and communicative translation. Newmark (1988) distinguishes each method as follows:

a) The method that are closer to source language (SL)

1. Word-for-word Translation

Cultural words are translated literally. Word-for-word translation is frequently presented as interlinear translation, with the target language (TL) words appearing exactly beneath the source language (SL) words. The source language (SL) word-order is retained and becomes out of

context as the words are translated one by one by their most common meanings. The major use of word-for-word translation is not to comprehend the mechanics of the original language, nor is it to interpret a complex text as a pre-translation process.

## 2. Literal Translation

The grammatical constructions of the source language (SL) are transformed to their nearest target language (TL) equivalents, while the lexical words are translated one by one and out of context. It highlights the difficulties to be handled as a pre-translation procedure.

## 3. Faithful Translation

A faithful translation strives to reflect the original's precise contextual meaning within the limits of the target language (TL) grammatical structures. It 'transfers' cultural words while retaining the degree of grammatical and lexical 'abnormality' (difference from source language standards) in the translation. It tries to be completely faithful to the source language (SL) writer's objectives and text realization.

## 4. Semantic Translation

Semantic translation differs from 'faithful translation' only in as far as it must take more account of the aesthetic value, that is, the beautiful and natural sounds of the source

language (SL) text, compromising on ‘meaning’ where appropriate so that no assonance, word-play or repetition jars in the finished version. Furthermore, less important cultural words may be translated by the culturally neutral third or functional terms but not by cultural equivalents. The difference between faithful translation and semantic translation is that the first is uncompromising and dogmatic. In contrast, the second is more flexible, admits the creative exception to 100% fidelity and allows the translator’s intuitive empathy with the original.

b) The method that are closer to Target Language (TL)

#### 5. Adaptation

It is the ‘freest’ form of translation. It is mostly used for plays such as comedies and poems, in which the themes, characters, and storylines are typically retained, the source language (SL) culture is transferred to the target language (TL) culture, and the text is rewritten.

#### 6. Free Translation

It generates the target language (TL) text without styles, form, or the original content.

## 7. Idiomatic Translation

Idiomatic translation reproduces the original's "message" but tends to twist nuances of meaning by choosing colloquialisms and idioms that do not exist in the original.

## 8. Communicative Translation

It tries to provide the original's exact contextual meaning in such a way that both the content and the language may be accepted and understood by the reader.

In addition to the eight translation methods, Newmark (1988) also provides a comprehensive list of translation strategies that greatly assist translators in the translation process, which is as follows:

### 1. Transference

It is the process of transferring a source language (SL) word to a target language (TL) text as a translation procedure. It contains a transliteration, also known as transcription.

### 2. Naturalization

An adaptation of the source language (SL) word first to the normal pronunciation, and then to the normal word-forms of the target language (TL).

### 3. Culture Equivalent

It is an approximate translation where a source language (SL) cultural word is translated by a target language (TL) cultural word.

4. Functional Equivalent

It is the process of using a cultural neutral or general word.

5. Descriptive Equivalent

It is the process of explaining the meaning of the cultural concept.

6. Synonymy

It is the process of finding the nearest equivalent of the target language (TL)

7. Through-translation

It is known as calque or loan translation.

8. Shifts or Transpositions

It involves changing the grammar from the source language (SL) to the target language (TL).

9. Modulation

It is the process of using different terms from the source language (SL) and the target language (TL) according to the current norms of the target language (TL).

10. Recognized Translation

Translators should generally use the generally accepted translation of any institutional term.

11. Translation Label

It is a provisional translation, usually of a new institutional term, which must be enclosed in inverted commas, which can later be discreetly withdrawn. It can be done through literal translation.



## 12. Compensation

It occurs when loss of meaning, sound-effect, metaphor or pragmatic effect in one part of a sentence is compensated in another part.

## 13. Componential Analysis

It is the process of comparing the source language (SL) word with the target language (TL) word that has the same meaning but is not an obvious one-to-one equivalent. It demonstrates first their common and then their differing sense components.

## 14. Reduction and Expansion

It is a somewhat imprecise translation procedure,

## 15. Paraphrase

It amplifies or explains the meaning of a segment of the text, where the explanation is considerably more thorough than the descriptive strategy comparable.

## 16. Couplets

It is the process of combining two different procedures.

## 17. Notes

Additional information in a translation

### **2.1.2. Theory of Positive Journaling**

Hayes (2018) infers that positive journalling is a fun and adaptable writing practice that fuses two fascinating areas of science: writing and positive psychology. Writing, in various forms, has been empirically

studied and shown to have many beneficial effects upon diverse areas of our lives. The field of positive psychology, often called the science of happiness, has shown that simple, positive changes in our lives can profoundly affect our well-being. Positive journaling combines these two, creating a powerful practice that offers us the opportunity to write ourselves happier – every day. Furthermore, positive journaling offers a way to reflect on and understand our lives in novel and surprisingly helpful ways. She also stated that positive journaling seemed to offer a valuable way of uncovering, generating, and reflecting on our positive emotions (Hayes, 2018).

According to Smith, a positivity journal is similar to a conventional journal except the pages are devoted to positive thoughts and events. Positive journaling has numerous cathartic advantages, which is why it is suggested in certain modes of therapy. Being positive, on the other hand, does not imply one should ignore the negative moods and experiences in their life, just that one should try to balance them with positive ones. Hence, by keeping this kind of journal, people will notice that there is a joy to be discovered in every single day, no matter how small or insignificant it seems (Smith, 2018).

## **2.2. Reviews of Earlier Works**

To conduct this research, the writer reviews several previous works as references. The writer uses the self-help book genre to find previous works.

Also, these previous works are well known and have been translated into Indonesian versions. Some of the books will be discussed below.

First, a book entitled *Reinventing Your Life: The Breakthrough Program to End Negative Behavior ... and Feel Great Again* or *Reinventing Your Life: Solusi untuk Mengubah Tindakan Negatif dan Merasa Lebih Baik*. This book was written by two prominent American psychologists named Jeffrey E. Young, PhD, and Janet S. Klosko, PhD. This book talks about groundbreaking principles of cognitive therapy to help readers recognize and change negative thought patterns, without the help of drugs or long-term traditional therapies. The two authors describe the eleven most common life traps, provide a diagnostic test for each, and offer step-by-step advice to help readers break free from traps and create a more satisfying and productive life. This book was first published in 1993. The translation results were first published in 2010 and re-published in 2020, with 588 pages, and published by PT Gramedia Pustaka Utama. I might say that the translation of this book employs the TL-Oriented approach since the language used is quite easy for me to grasp as a reader. In addition, the translator uses standard Indonesian in translating this book.

**Original – English version:**

*‘Do you find that, regardless of how much public acclaim or social approval you receive, you still feel unhappy, unfulfilled, or undeserving?’ (Young & Klosko, 1994).*

**Translation – Indonesian version:**

*‘Apakah Anda sadar bahwa seberapa banyak pun pujian atau penerimaan publik terhadap Anda, Anda tetap merasa tidak bahagia, tidak puas, atau tidak layak?’* (Young & Klosko, 2010, p. 1).

Second, a book entitled *The Subtle Art of Not Giving a F\*ck* or *Sebuah Seni untuk Bersikap Bodo Amat*. The unique title attracts the attention of many people to read this book. This book is written by Mark Manson and first published in 2016, then translated into Indonesian by F. Wicaksono and published in 2018. This book is about how to turn pain into strength and turn problems into better problems. In particular, this book will teach us to care less. PT Gramedia Widiasarana Indonesia published this translation book with a total of 256 pages. Similarly with the last book, not only is the material great, but I also appreciate the way F. Wicakso has translated this book using a TL-Oriented method. The translated language employed in this book is simple and easy for me to grasp as a reader.

**Original – English version:**

*‘Ironically, this fixation on the positive—on what’s better, what’s superior—only serves to remind us over and over again of what we are not, of what we lack, of what we should have been but failed to be’* (Manson, 2016).

**Translation – Indonesian version:**

*'Ironisnya, pengarahannya pemikiran pada hal-hal positif ini—tentang apa yang lebih baik, apa yang lebih unggul—hanya akan mengingatkan diri kita lagi dan lagi tentang kegagalan kita, kekurangan kita, apa yang seharusnya kita lakukan namun gagal kita wujudkan' (Manson, 2018, p. 5).*

Each of the two popular books I previously described has its own unique characteristics, but both books share the same goal: to encourage readers in dealing with problems in an innovative and surely positive way. However, *WRITE YOURSELF HAPPY: The Art of Positive Journalling* is different from the two books above since this book not only suggests how to deal with problems and manage our emotions effectively, but it also urges readers to directly practice it while completing the book by doing journal writing. Aside from that, what distinguishes this book is that the reader is given exercises as well as case studies of things that happen to individuals and how they deal with it. This book offers a simple method, yet few people are aware of it. This book also teaches us how to convey not only negative but also positive emotions in a constructive manner.

These two books, which have been translated into Indonesian, assist the writer in translating *WRITE YOURSELF HAPPY: The Art of Positive Journalling* since reading the particular type of book could assist the writer in understanding the style of language employed.