

CHAPTER V

CONCLUSION AND SUGGESTIONS

This chapter summarizes the report's main points and suggests a few points to be followed up or taken by other readers who wish to engage in translating similar text.

5.1. Conclusion

Considering the lack of awareness of Indonesian people about the importance of mental health, the writer decided to translate a self-help book entitled *WRITE YOURSELF HAPPY: The Art of Positive Journalling* by Megan C Hayes PhD. This book shows us how, using a positive journal, we could journal more consciously, write in a way that engages and promotes our most supportive and life-affirming emotions. In the process of journaling, we learn to be honest with ourselves, learn about our own thought patterns, and we can also better understand the emotions we have. Hayes shows us that positive journaling could make us happier, maintain our mental health, and help us live better lives, especially in these difficult times. However, the writer knows that this book is not the only solution to deal with and even cure one's mental problems. The writer believes, at least by reading this book, Indonesian people could be more conscious of the importance of mental health. Moreover, this book is not only intended for people who have mental problems, but for all those who want to make their lives more positive and much better by journaling.

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.

However, the translation process is not as simple as switching the word-for-word meaning based on its literal context. The writer encountered several difficulties during the translation process, such as being too fixated on the source language (SL), translating idioms, inconsistent use of a subject, and complicated sentences. Nonetheless, the writer still provides accuracy, legibility, and clarity in the target language (TL). As a solution, the writer tried to be bolder and more flexible in the translation process without changing the meaning in the source language. Also, the writer tried her best to find equivalent idioms for writing and makes sentences as natural as possible.

5.2. Suggestions

To those who wish to engage in translating similar text, the writer would like to suggest the following things:

First, translation is a project that requires much time, ideas, and creativity.

It would be best for those who wish to undertake this project to set aside the available time to start researching and studying translation theories.

Other than that, in order to complete the translation on time, manage the time as best as possible. Maintaining a daily deadline is quite beneficial.

Second, enrich our vocabulary and information about the text we would like to translate by reading more books in Bahasa Indonesia, practicing translation, and writing.

Third, translating this kind of self-help book is strongly suggested; besides improving our translating skills, we might gain a lot of new insights and motivation to enhance our quality of life after reading and understanding the book.

However, the writer realizes that this creative thesis still has many deficiencies. Hence, the writer hopes that the next writer would contribute better to carrying out this kind of translation project.