CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter will discuss the theories that the writer will use and apply in translating the book entitled *Mini Habits: smaller habits, bigger result* by Stephen Guise. The theories will be about the definitions of translations, models of translations, and principles of translations. This chapter will also discuss the recent studies that will help the writer in translating this book.

2.1 Discussion on Translation

According to Catford (1965), translation is a process of substituting a text in one language for a text in another. Newmark (1988) also stated that translation is the superordinate term for converting the meaning of any utterance of any source language to the target language.

On the other hand, Larson (1984) infers that translation consists of transferring the meaning of the source language into the receptor language. This is done by going from the form of the first language to the form of the second language by way of semantic structure. It is the meaning which is being transferred and must be held constant, as meaning is a variable of greatest importance in a translation process. The source form carries the meanings which are encoded and recorded in the source wordings which should be re-expressed and maintained in the target form. In other words, only the form changes. These meanings should then be transferred, encoded, and recorded into the new target wordings. And lastly, Nida &

Taber (1969) defined that translation consists of reproducing in the receptor language the closest natural equivalence of the source language message, first in terms of meaning and secondly in terms of style. Newmark (1988) defined that translation is rendering the meaning of a text into another language in the way that the author intended the text.

Models of Translation

According to Larson (1984: 15), there are models of translation, a form-based and meaning-based translation. A form-based translation is usually referred to as a literal translation, in which translators are attempting to follow the form of the source language. The meaning-based translation is known as the idiomatic translation – the meaning of the source text is expressed in the natural form of the target language.

Translations fall on a continuum from very literal to literal, to modified literal, to near idiomatic, to idiomatic, and may even move on to unduly free. The goal of a good translator is to translate idiomatically, by means of making many adjustments in the forms. In other words, the translator's goal should be to reproduce a text in the target language which communicates the same message as the source language but using the natural grammatical and lexical choices of the target language.

| very literal | al modified literal | inconsistent near mixture idiomatic | | idiomatic | unduly free |

TRANSLATOR'S GOAL
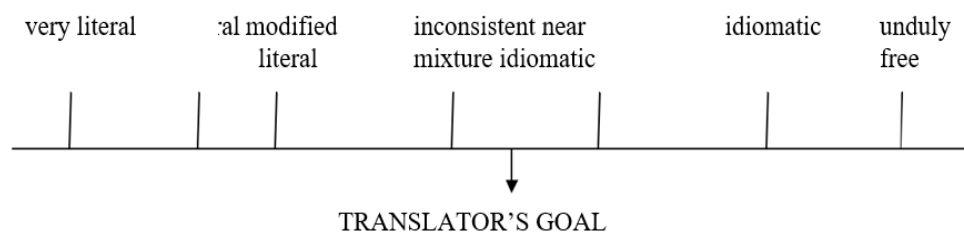
Translation as a continuum (Larson, 1984: 17)

In the models of translation, Newmark (1988) also elaborates several models and strategies of translation. There are differences between translation methods and translation procedures, such as;

while translation methods relate to whole texts, translation procedures are used for sentences and the smaller units of language.

He goes on to refer to the following methods of translation:

1. Word-for-word Translation: Word-for-word translation is often translating the same order of the word from the source language to the target language. In which the source language word order is preserved. It became out of context because this method is neither to understand the mechanics of the source language or construe a difficult text as a pre-translation process.

2. Literal Translation: In literal translation, the SL converted to their nearest TL equivalents, but the lexical words are again translated singly, out of context.

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3. Faithful Translation: It attempts to produce the precise contextual meaning of the original within the constraints of the TL grammatical structures.

4. Semantic Translation: Which differs from 'faithful translation' only in as far as it must take more account of the aesthetic value of the SL text.

5. Adaptation: This is the freest form of translation, and is used mainly for plays (comedies) and poetry; the themes, characters, plots are usually preserved, the SL culture is converted to the TL culture, and the text is rewritten.

6. Free Translation: It produces the TL text without the style, form, or content of the original.

7. Idiomatic Translation: It reproduces the original's 'message' but tends to distort nuances of meaning by preferring colloquialisms and idioms where these do not exist in the original.

8. Communicative Translation: It attempts to render the exact contextual meaning of the original in such a way that both content and language are readily acceptable and comprehensible to the readership.

Strategies of Translation

The following are the different translation procedures that Newmark (1988) proposes:

1. Transference: It is the process of transferring an SL word to a TL text. It includes transliteration and is the same as what Harvey (2000:5) named 'transcription'.

2. Naturalization: It adapts the SL word first to the normal pronunciation, then to the TL's normal morphology (Newmark, 1988: 83).

3. Cultural Equivalent: It means replacing a cultural word in the SL with a TL one. However, 'they are not accurate (Newmark, 1988: 83).

4. Functional Equivalent: It requires the use of a culture-neutral word (Newmark, 1988: 83).

5. Descriptive Equivalent: In this procedure, the meaning of the CBT is explained in several words (Newmark, 1988: 83).

6. Componential Analysis: It means 'comparing an SL word with a TL word which has a similar meaning but is not an obvious one-to-one equivalent, by demonstrating first their common and then their differing sense components (Newmark, 1988: 114).

7. Synonym: It is a "near TL equivalent." Here economy trumps accuracy (Newmark, 1988: 114).

8. Through-translation: It is the literal translation of common collocations, names of organizations, and components of compounds. It can also be called: calque or loan translation (Newmark, 1988b:84).

9. Shifts or Transpositions: It involves a change in the grammar from SL to TL, for instance, (i) change from singular to plural, (ii) the change required when a specific SL structure does not exist in the TL, (iii) change of an SL verb to a TL word, change of an SL noun group to a TL noun and so forth (Newmark, 1988b:86).

10. Modulation: It occurs when the translator reproduces the original text's message in the TL text in conformity with the current norms of the TL, since the SL and the TL may appear dissimilar in terms of perspective (Newmark, 1988b:88).

11. Recognized Translation: It occurs when the translator normally uses the official or the generally accepted translation of any institutional term (Newmark, 1988b:89).

12. Compensation: It occurs when loss of meaning in one part of a sentence is compensated in another part (Newmark, 1988b:90).

13. Paraphrase: In this procedure, the meaning of the CBT is explained. Here the explanation is much more detailed than that of descriptive equivalent (Newmark, 1988b:91).

14. Couplets: It occurs when the translator combines two different procedures (Newmark, 1988b:91).

15. Notes: Notes are additional information in a translation (Newmark, 1988b:91).

Theory of Habit

According to Stemmle (2019), habits will stick after a minimum of 66 days, however, it can take up to more than 200 days. So, the bare minimum it takes is a little over two months, which is still rather long for most people. A powerful habit that sticks with you, can change your life for the better, so it might just be a small investment.

What the researcher personally recommends is to start small. Use the burst of motivation to make an actual plan, instead of starting to work on the problem itself. Decide on a time frame, by when would like to have accomplished this goal. Ambitious is a must, but don't overdo it. This will result in feeling intimidated by the goal. Make small steps.

For example, when people do not work out, the right strategy to start is by going to the gym for one or two hours per week. They cannot set the goal that must get a six-pack at the end of the month, which is not feasible. Be realistic. Keep track of the process and work systematically towards the desired goal.

If people want to write a book, they should not try to achieve this within a few weeks or a month. They have to scale up the time frame. Start

by writing for fifteen minutes every morning or evening, this is something nearly everyone has time for. If they are able to write half a page every day, at the end of the year they could have a 180-pages book. The power of small habits could bring forth a significant amount of compound interest.

Sadly, this is something only a few people understand, *compound interest.* Writing half a page will not result in anything after a few weeks but practicing it daily for a full year will result in an actual book. Moreover, they might even like writing so much that after half a year they write for half an hour per day, or maybe even up to an hour or more. But start small. No one can start writing for several hours a day from out of nothing. Build it up, slowly.

By looking at the explanations above, seeing how people underestimate the importance of habits, having unrealistic goals, want a result with fast progress with a short period, it brings the writer to ask himself, why they cannot be consistent while forming their new habits? Why do people know what habits are, but they forget about that importance? And why do people failed to generate their new good habits and make a change, is there any mistake with their strategy so it ends up in failure? So, the writer's goal to translate this book is to deliver the intention of *Mini Habits* which consists of the importance, the precise strategy, so it can help the reader to make the new accomplishment of forming their new-good habits.

2.2 Recent Studies

In conducting this project, the writer reviewed several studies as his reference and comparison from the book he is translating and the other books which include in same topics or edges to help him to complete this project.

The first is a book entitled *Atomic Habits: An Easy & Proven Way to Build Good Habits and Break Bad Ones* or (Indonesian version) *Atomic Habits: Cara Mudah dan Terbukti Untuk Membentuk Kebiasaan Baik dan Menghilangkan Kebiasaan Buruk* by James Clear. This book consists of 352 pages. This book slightly tells the reader about small habits which we are not really concerned with but it gives big impacts in our life.

The second book is a book entitled *The Power of Habit: Why We Do What We Do in Life and Business* or *Dahsyatnya Kebiasaan: Mengapa Kita Melakukan Apa yang Kita Lakukan dalam Hidup dan Bisnis.* The Indonesian version of this book is translated by Aji Gunawan, this book consists of 371 pages. This book slightly discusses about behaviors that are affected by our habits. This book is compiled based on the life story of a writer who wants to tell how to get rid of his bad habit of eating cookies every time he gets sick in his office.

The third book is a book entitled *7 Habits of Highly Effective People* written by Stephen R. Covey or *Tujuh Kebiasaan Manusia yang Sangat Efektif* (Indonesian vesion). This book consists of 56 pages and talks about seven most effective habits that must be developed if a person is to achieve success, such as proactive, be creative, and some others.

From those three popular books, each of them has its characteristic and the same goal to motivate the reader in doing such things related to habits in order to make an impact in our life. This book, *Mini Habits* by Stephen Guise, is different from the other because it contains personal experiences and strategies that the writer going through turning from a failure to success starting from a mini habit. The book is not exactly discussing one specific thing, it is more than that, how the writer explains about the brain works, the important components which help a lot in forming habits. The other special thing from this book is how the writer states many studies from experts related to self-control, behavior, habit formation, and social psychology in order to strengthen his explanation and life experiences he had inside the book.