

CHAPTER I

INTRODUCTION

This chapter consists of the background of the study, description of the existing situation related to the topic, purpose of choosing this project, the originality and significance of the study, and operational definitions of the key terms.

1.1 Background of the Study

The researcher chooses a psychological book entitled *The School of Life-How to Stay Sane* (2012) written by Philippa Perry as the data. This book is worth reading for readers to have positive mindsets in facing hardship. The situations and thoughts have much influenced the way people behave and react to the environment. By reading a translation of this book, the reader will get motivated to do self-observation and see something from a different perspective.

In the current situation, more than one hundred and fifty countries are struggling to face a pandemic of Covid-19 since the beginning of 2020. Since the first case, the status became uncontrollable and caused losses. One of the losses came from the economic sector. At the beginning of the pandemic situation, people do massive buying on necessities such as masks, toilet paper and hand sanitizer. At some possible future, they will be anticipating to buy the primary needs that amount will be above the threshold (Shou, B., Xiong, H., & Shen, 2011). It causes scarcity in those products. This incident is called *panic*

buying. Panic buying is the effect of human instincts when they feel threatened and frightened.

Other than that, the pandemic also impacted people's social life—the government highlight the rule to stay at home and *social distancing* to prevent the spread of Covid-19. According to CDC (*Social Distancing Keep a Safe Distance to Slow the Spread.*, 2020), social distancing means keeping a safe space between yourself and other people who are not from your household. This rule is originally a probationary period and one thing that the Government considers a temporary preventive measure. The rules to stay at home makes students, employers, and employees have had to quickly adapt to the Government's policy of "work from home or study from home".

With an unspecified timeframe, people had to adapt to this situation. Moreover, for approximately 6-7 months, they began to feel the impact—one of the effects on their relationship. According to the National Law Reviewer, By April, the interest in divorce had already increased by 34% in the US. Why do this happen? Because some of those accustomed to outdoor activities feel bored and restricted by the rules for staying at home. Almost all of television, radio, and social media are talking about the new coronavirus, the time we spend at home can be filled with stress and anxiety (Brownwell, 2020). This pattern, causing us to become tired and often complain. Unconsciously, our actions carry a negative aura that can transmitted to the people around us. Where this was having a severe impact and triggered stress or temporary insanity. The fears

and threats they feel based on excessive anxiety about the risks of the period of self-isolation and an unreliable future (Dholakia, 2020).

Insanity is something that we can carry on if we know how to deal with it. Most important things to do is to know that we are not alone and aware of our emotion. So, the psychology approach becomes the strategy for this research to solve anxiety-provoking, stress, and sanity.

Patterns and behaviour as a reaction to the situation, show everyday things as a natural response given when they feel threatened (Wilkins J., 2020). A natural response posed like this can be a problem when it continuously occurs. Prevention needs to be done to handle this. Therefore, to prevent this from happening again, the proper ways of handling this problem can start from *yourself* first through a psychology approach that leads to mindset, emotion, and behaviour.

The psychologist's field, topic or material used as a discussion can be broader and more developed. Each issue can be divided and analyzed in several ways. An introduction to explain this situation can come from the psychologist's view of human behavior to analyze the problems above. Generally, the field of psychology has seven major perspectives. They are psychodynamic perspective, behavioral perspective, cognitive perspective, biological perspective, cross-cultural perspective, evolutionary perspective, and humanistic perspective.

From the seven psychological perspectives, the cognitive psychologist is the essential point to be discussed later because it deals with thoughts and

behavior. According to Sabian Fleming (2019), the definition of cognitive psychologists defines as;

Cognitive psychology is the scientific study of the mind as an information processor. Cognitive psychologists try to build up cognitive models of the information processing that goes on inside people's minds, including perception, attention, language, memory, thinking, and consciousness. (p. 1)

From the definition above, the cognitive perspective occurs in humans can be caused by thoughts and memories of an event. This reaction affects one's acts and way of think. Cognitive perspective also involving the study of mental health, the process of how the brain works, problem-solving and decision-makers (Cherry, 2019).

A study was conducted to find how humans can control their thoughts and fill it with positive thoughts. According to Healthline (Roth, 2017) to empowering the mind, overcoming anxiety and stress disorders can be done by reading books. When reading a book, the brain's internal network provides a signal that functions to modify brain function to make it faster and more durable. A part of the brain called *somatosensory cortex* is grown and provides physical responses, such as responses to actions and feelings. Therefore, the researcher wants to introduce one of the books related to psychology that can train the reader's mind.

The main reasons for some people reading a book are to gain knowledge, as an entertainment, and to find solutions to the problems. Literacy works finds that people who read more often have broader and more extensive experience. *He* also states that our imagination becomes wider by reading a book by

appealing the right side of our mind. The imagination will open our mind to the new ideas and other capabilities to explore the world through the story or text in a book (Heavenridge, 2015).

Translating a written work is not easy; however, it can be beneficial. Nicky Harman explains some of the benefits of a reader reading translated literature, exploring a new world, seeing a story from the perspective of two writers, and adding insight to the outside world (Harman, 2017).

In this study, the researcher wants to translate a book entitled *The School of Life-How to Stay Sane*. The author of the book has a background as a psychotherapist. According to Curtis Brown, who reports Philippa Perry's biography, Perry works in the field of mental health with an organization called *Talk for Health* for several years before she started writing and publishing her books. Apart from being a writer, she is also involved in the field of entertainment. She makes documentaries concerning mental health issues, makes cartoon series, and contributes to television and radio programs.

The researcher chose this book as data to be translated because of the power of this book. This book provides motivation and a positive message for readers. This book gives the reader a feeling of calm, even when things are looking bad. Evaluating yourself at the right time will make you feel safe and reduce stress. Therefore, the researcher hopes that this project will produce the same impact as expected, namely that the readers will be motivated and able to control their actions, feelings, and thoughts after reading the translated book *The School of Life-How to Stay Sane*.

1.2 The Objective of the Project

The researcher chooses this translating project motivated by two factors. The first factor is from the researcher's own decision. This project deserves to be taken to have a better understanding of the concept of translating and increase knowledge of English vocabulary. Then the second factor is derived from the external factors, and the researcher has carried out the reading process and sees that the chosen book deserves to be translated into the Indonesian language. As a result, Indonesian readers can read this book in their target language and get meaningful information inside the book. This book is assumed to have a good influence on readers, and it provides definite instructions on how to get to know yourself in a better way.

1.3 Originality and Significance

As a researcher and translator of *The School of Life-How to Stay Sane*, I testify that this project's results are the original and the only work. This project and the translation are original from the researcher. Later on, this project's results will be useful for translators, readers, and Ma Chung University.

This project aims for readers to realize that reading books with the psychology genre can create a change. The change works if the reader can absorb the meaning in the book and put it into practice. The book, which is the object of this project is useful in forming positive thoughts and training mental health.

This project aims for Ma Chung University to complement other thesis and non-thesis project. Each thesis has a different topic, and it will enrich references. This project is a requirement for fulfilling student graduation at the university. Therefore, this project will be a proof of student learning outcomes while studying at Ma Chung University.

1.4 Operational Definitions of the Key Terms

1. Translation

Translation is the way toward moving message from source language to target language. Translation also an operation of procedure in substituting a book in one language for a book in an-other (Catford, 1978).

2. Psychological perspective

In this study, the meaning of psychological perspective is a methodology of a viewpoint that includes certain suppositions about human behaviour (Mcleod, 2013)

3. Sanity

Sanity is a condition of responsibility has more to do with murky and apparently metaphysical problems which surrounded the issue of responsibility (Wolf, S., & Schoeman, 1987)