

CHAPTER V

CONCLUSION AND SUGGESTIONS

This chapter consists of the conclusion and the suggestions. The conclusions section contains the findings of the previous chapter. The suggestion section includes inputs for those who wanted to do the same project as the writer.

5.1 Conclusion

The researcher chooses a psychological book entitled *The School of Life-How to Stay Sane* (2012) written by Philippa Perry as the data object. What's the researcher wants to highlight in this research is the reaction inflicted as the effect of the incident and relating this case with the psychological perspective to solve the problem. In this research, the researcher uses a background problem on the effects that occur in the current state. Researchers talk about the impact of the Covid-19 pandemic, which affects the economic sector and society's social life. In the economic sector, people do massive buying on necessities that causes uncontrollable and losses. In the economic sector, people do massive buying on necessities that causes uncontrollable and losses. Impact on people's social life—the government highlight the rule to stay at home and social distancing to prevent the spread of Covid-19. This was having a severe impact and triggers stress or temporary insanity. Prevention needs to be done to handle this through a psychology approach that leads to mindset, emotion, and behaviour. So, the psychology approach becomes the strategy for this research to solve anxiety-provoking, stress, and sanity. Generally, the field of psychology has seven major

perspectives. The cognitive psychologist is the essential point to be discussed, and it deals with thoughts and behaviours. The researchers 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.

In the process of translating, the translator manages the strategies, methods, and techniques to translate the book. The researcher implements the technique of borrowing, literal translation, intra-system shift, equivalence, adaptation, communicative translation and notes.

In translating the book, the researcher found difficulties in lexical problems, stylistics and terms in several parts of the text. Even so, the translator still provides accuracy, readability, and clarity in the target language. The difficulty in this lexical problem is the need for creative ideas in word choice, which the translation tool cannot do. Stylistically problems issues are related to the source content's expression to deliver a specific expression to the words said. The translator also suggests some solutions to overcome the problems faced.

5.2 Suggestions

To those who want to conduct translating similar text, the researcher would like to suggest the following things;

The translation is a work that requires time, ideas and creativity. Please take your time to start searching and learn about the translation theories if you want to do this work. You also need to be responsible for the deadline of reading the text,

translating, and revising the work to be completed on time. Also, enrich the vocabulary and information about the text you want to translate.

The text used in this research is a self-help book. If you want to translate a book with a genre like this, it will have many benefits for you and your surroundings. You can apply the lessons and exercises from the book.

The researcher realizes that this thesis still has many weakness. Therefore, the researcher hopes the next researcher will contribute to doing the other topic about translation.