

CHAPTER I

INTRODUCTION

This chapter presents background of *The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace* translation. The purpose of translation tells about the purpose of the book translation. Significance of translation explains about the benefit of the book translation either theoretically or practically.

1.1 Background of Translation

The process of a translation is a process of transferring meaning from the source language (SL) into the target language (TL). Translating a text might be transferring the meaning and the message equally. Nida and Taber (1984: 12) state that “translating consists of reproducing the receptor language to the closest natural equivalent of the source language message, first in the term of meaning and secondly in the term of style”, Newmark (1988:94) also claims that “the translation itself is not only about finding the equivalent word which is accurate, acceptable and readable but also connecting the word with the culture where the language belongs to”. For that reason, a good translator should be familiar with the culture, customs, and social settings of both in source language and target language, in order to generate a good translation.

As There are a lot of meaning about translation. The one of translation is trying to understand text from source language (SL) to target language (TL). Translation is important for knowledge because it is an information from the other country or the other nation. People need to understand their language. Because of it, the translators are very important. Hatim and Munday (2004:6) define translation as

"the process of transferring a written text from source language (SL) to target language (TL)". In this definition they do not explicitly express that the object being transferred is meaning or message. They emphasize on translation as process.

In this assignment, the writer chooses to translate psychology book to increase psychology knowledge. The title book is *"The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace"*. That book explains about quick meditations, yoga poses, and breathing technique that help you become more mindful. Dr. Patrizia Collard explained how we do simple things to reduce stress, be grateful for life, and live a pleasant life.

1.2 Purpose of Translation

The purposes of translation in this project are:

1. To fulfill the final assignment as an English Vocational Student of UIN Sunan Gunung Djati Bandung;
2. To improve translation skill and enrich vocabulary;
3. To give information about Psychology;
4. To make the book understandable for Indonesian people.

1.3 Significance of Translation

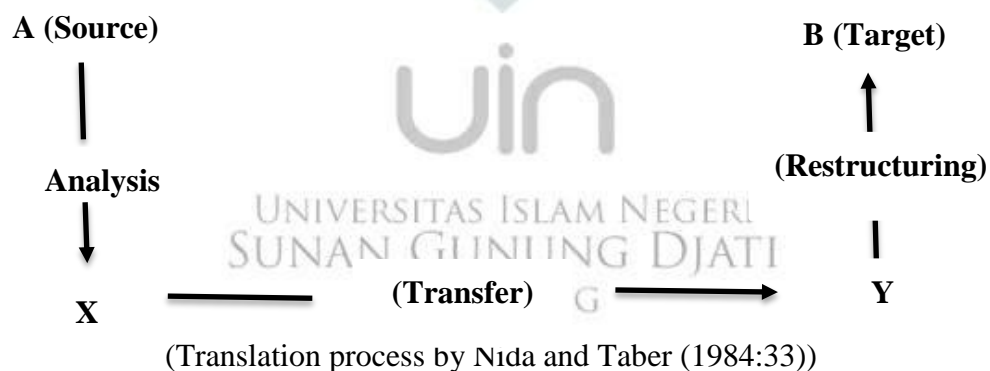
This translation is expected to be a benefit and could be used by other translators and readers that have been obtained from the major of English Vocational, and the benefit as follows:

1. To give inspiration for people wanted achieve an aspiration from the experience of success person;

2. To enrich knowledge of doing a success journey for the translator and the reader;
3. To give a bit translation knowledge.

1.4 Process of Translation

In translating a text there are a series of steps in translating a text, to make it natural and acceptable. According to Nida and Taber (1984:33) there are three stages of translation process. (1) Analysis, in which the surface structure is analyzed in terms of (a) the grammatical relationship and (b) the meaning of the words and combinations of words, (2) transfer, in which the analyzed material is transferred in the mind of the translator from language A to language B, and (3) restructuring, in which the transferred material is restructured in order to make the final message fully acceptable in the target language. The scheme of Nida's translation process is shown as follows.



1.5 Method of Translation

Maybe there are some that have stated method on translation there is theory Larson, Catford, Nidan and Taber, etc. But in this final report the writer just will explain the translation method by Newmark because this theory very easy to

understand for me. Newmark (1981 : 7) defines translation as “a craft consisting in the attempt to replace a written message and/or statement in one language by the same message and/or statement in another language”. Newmark (1988 : 81) mention the different between translation methods and translation producers. He writes that, “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

This is often demonstrated as interlinear translation, with the TL immediately below the SL words. The SL word – orders is preserved and the words translated singly by their most common meanings, out of context, Cultural words are translated literally. The main use of word – for – word translation is either to understand the mechanics of the SL or a difficult text as a pre – translation process.

For example:

SL : I love you forever.

TL: aku mencintai kamu selamanya.

2. Literal Translation

In which the SL grammatical constructions are converted to their nearest TL equivalents, but the lexical words are again translated singly, out of context.

For example:

SL : The sooner or the later the weather will change.

TL : Lebih cepat atau lebih lambat cuaca akan berubah.

3. Faithful Translation

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

For example:

SL : Irham is too well aware that he is naughty.

TL : Irham menyadari terlalu baik ia nakal.

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 sound) of the SL text, compromising on 'meaning' where appropriate so that no assonance, word-play or repetition jars in the finished version. Further, it may translate less important cultural words by culturally neutral third or functional terms but not by cultural equivalents - *une nonne repassant un corporal* may become 'a nun ironing a corporal cloth' - and it may make other small concessions to the readership. The distinction between 'faithful' and 'semantic' translation is that the first is uncompromising and dogmatic, while the second is more flexible, admits the creative exception to 100% fidelity and allows for the translator's intuitive empathy with the original. (Newmark, 1988:46).

For example:

SL : Mathematics is a piece of cake.

TL : Matematika itu mudah.

5. Adaptation

Which 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 written.

For example:

SL : Like father like son.

TL : Buah jatuh tidak jauh dari pohonnya.

6. Free Translation

Free translation reproduces the matter without the manner, or the content without the form of the original. Usually it is a paraphrase much longer than the original, a so – called ‘intralingua translation’, often prolix and pretentious, and not translation at all.

For example :

SL : The flowers in the garden.

TL : Bunga-bunga yang tumbuh di kebun.

7. Idiomatic Translation

Idiomatic translation reproduces the ‘message’ of the original but tends to distort nuances of meaning by preferring colloquialisms and idioms where these do not exist in the original.

For example :

SL : He is a thief.

TL : Dia panjang tangan.

8. Communication Translation

It attempts to render exact contextual meaning of the original in such a way that both content and language are readily acceptable and comprehensible to the readership (Newmark, 1988 : 45-47).

For example :

SL : What do you mean?

TL : Maksud lo?

