

# CHAPTER I

## INTRODUCTION

This chapter consists of background of translation, purpose of translation, significance of translation, process of translation and the methods of translation.

### **1.1. Background of Translating *How to Avoid Stress Before it Kills You***

There are so many languages in the world. People use language to communicate with others, to understand culture, and to get knowledge. As time was gone, language be more important for people, because of the era's development. It is important for people to understand other language, not only their own languages. But, in this era, the most important language to know is English, because as we have known, English is the international language which is used by almost all people in the whole world. In spite of that, there are also many native people that cannot understand English, so that translation is needed in people's life since then till now. According to Storig (in Newmark ; 1981:3) "The first traces translation dated from 3000 BC during the Egyptian old kingdom in the area of 1st Cataract, Elephanic, where inscriptions in two languages have been found".

Translation means to translate one language to other language, the process of transferring word from source language to target language. According to Catford

(1965): *Translation is the replacement of textual material in one language by equivalent textual material in another language.*

Translation usually used to translate the books, poems, and scripts. But, translation of book has a lot amount than others. The books that commonly translated by translators are novels, course books, or biography, because they are more interesting than poems and they have many paragraphs or sentences.

In this final report the writer chooses the book wrote by Matthew J. Culligan and Keith Sedlacek, M.D. on the title “How to Avoid Stress before It Kills You”, published by Gramercy Publishing Company and distributed by Crown Publisher, Inc. This book is being chosen by the writer because the book consists of interesting knowledge, it was about how people can handle stress and what case that caused stress and distress.

It is worth to read. So that the writer translated the book in order to make native people that don't understand English can read it and apply the methods to avoid stress that written in the book. The writer found many difficulties in translating the book, such as difficult vocabularies, proverbs, terminologies, and many more, but it is become one of the reasons that makes the writer interested in translating this book.

## **1.2.Purpose of Translation**

The purposes of the translation project are:

1. To fulfill the requirement for Degree Diploma III English Program;

2. To increase translation skill of the writer;
3. To know the work of being a translator;
4. To re-exercise writer self and mind;
5. To understand the meaning in the book “How to Avoid Stress before It Kills You”.

### **1.3. Significance of Translating *How to avoid Stress before it Kills You***

The significance of translating the book of ‘How to Avoid Stress before It Kills You’ to gives the writer experiences of translating a book with difficult language that writer has not even hear before. By translating the book also increases the writer skills and knowledge. While to the readers, this book increases reader knowledge and give them ability to fight stress or any disease, and to university student readers that want to make final report, the translation of ‘How to Avoid Stress before it Kills You’ can be one of references.

### **1.4.Theory of Translation**

#### **1.4.1. Process of Translation**

Translation process is the action that means to describe an internal thinking process of translator. If the translator has great understanding on translating problems, then the translation process will get easy. Besides of that, when the readers can get the message and idea of source language from target language, then it be a good translation.

To know exactly about process of translation, we can look at the definitions of the experts. Peter Newmark (1981): *“Translation is 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 explained in his ‘A Textbook of Translation’ book, that “(1) the SL text level, the level of language, where we begin and which we continually (but not continuously) go back to; (2) the referential level, the level of objects and events, real or imaginary, which we progressively have to visualize and build up, and which is an essential part, first of the comprehension, then of the reproduction process; (3) the cohesive level, which is more general, and grammatical, which traces the train of thought, the feeling tone (positive or negative) and the various presuppositions of the SL text. This level encompasses both comprehension and reproduction: it presents an overall picture, to which we may have to adjust the language level; (4) the level of naturalness, of common language appropriate to the writer or the speaker in a certain situation.”

And then according to Nida and Taber (1969): *“Translating consists of reproducing in the receptor language the closest natural equivalent of the source language message, first in terms of meaning and secondly in terms of style.”* So, Nida and Taber divided translation process through three stages, they were:

### 1. Analyzing

The first thing to do on analyzing texts is read those texts to identify difficulties and to know exactly the purpose of source language's writer. According to Nida and Taber 1982, " there are three major steps in analysis: (1) determining the meaningful relationships between the words and combinations of words, (2) the referential meaning of the words and special combination of words, (3) the connotative meaning i.e how the user of the language react, whether positively or negatively to the words and combinations of them."

### 2. Transferring

After finding out the equivalent between source language and target language, the translator is begin to translating.

### 3. Restructuring

In this stage, there are several things to be concerned:

1. The varieties of language or of styles which may be desirable
2. The essential components and characteristics of these various style
3. The techniques may be employed in producing the type of style desired

## 1.4.2. Method of Translation

Newmark divided translation method into eight methods (1988: 45-47):

1. Word-for-word Translation: This is often demonstrated as interlinear translation, with The TL (Target Language) immediately below the SL

(Source language) words. The SL word-order is preserved and the words translated singly by their most common meanings, out of context. Cultural words are translated literally.

SL: She drinks coffee

TL: Dia minum kopi

2. Literal Translation: This method also known as linear translation, because it was existed between word for word translation and free translation. The SL grammatical constructions are converted to their nearest TL equivalents but the lexical words are again translated singly, out of context. Translation of individual words and grammatical structures are converted into the nearest target language equivalents.

SL: The fisherman get a big Tuna

TL: Nelayan itu mendapat ikan Tuna yang besar

3. Faithful Translation: Stays, if possible, within the constraints of the grammatical structures of the target text, but draws on certain contextual factors.

SL : I believe in you, because we are friend.

TL: Saya percaya padamu, karena kita berteman.

4. Semantic Translation: More emphasis on naturalness than faithful translation, and translating of certain cultural words into neutral equivalents in the target

language. The distinction between 'faithful' and semantic' translation is that the first is uncompromising and dogmatic, while the second is more flexible.

SL: She lose her weight

TL: Dia menurunkan berat badannya

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

SL: As white as snow

TL: Seputih kapas

6. Free Translation: Free translation reproduces the matter without the manner, or the content without the form of the original. It focuses on the content of the target text, which means that the same content is expressed in the target text but with very different grammatical structures if need be.

SL: I look at flying fireflies in the still of night

TL: Saya memandang kearah kunang-kunang yang berterbangan di kesunyian malam

7. Idiomatic Translation: Idiomatic translation reproduces the 'message' of the original but tends to distort nuances of meaning by preferring idioms and colloquialisms that are not present in the source text.

SL: It's raining cats and dogs out there

TL: Diluar sedang hujan deras

8. Communicative Translation: Aims at reproducing the exact contextual meaning of the original and context-wise but both content and language are readily acceptable to the target text readership.

SL: Beware of the dog!

TL: Awas anjing galak!

The writer uses several methods in translating the book, they are:

1. Semantic Translation

Example : My great-great-great-grandfather was the hero of a song titled “The Galoping Hogan”

Kakek hebat saya merupakan seorang pahlawan dalam sebuah lagu yang berjudul “The Galloping Hogan”(page 16)

This sentence translated use semantic method, because the structural of TL is different from the SL. it is more equivalent in the TL.

2. Free Translation

Example : There have been other more recent incidents that held a potential for fear for me.

Terdapat kejadian-kejadian baru lainnya yang menyimpan potensi bagi rasa takut untuk saya. (page 53)



The writer translated the TL by free translation without changed structural of the SL.

### 3. Literal Translation

Example : In everybody's life there are situations that cause fear.

Didalam hidup setiap orang terdapat situasi-situasi yang menyebabkan ketakutan. (page 54)

This translation belongs to literal translation, because the translation of TL contains both word-for-word and free translation.

