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## THE ROLE OF SIMULTANEOUS TRANSLATION IN THE SYSTEM OF TYPES OF TRANSFERS

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**Abstract:** *In the modern world, the role of intercultural and interethnic communication cannot be overestimated. The importance of the translator's work as a mediator during various bilateral or multilateral contacts is very significant.*

*In the conducted review of the scientific literature, we were able to establish the criteria for classifying the types of translation, as well as to determine the place of simultaneous translation in them. We pointed out the peculiarities of some types of translation (sequential, sheet translation and simultaneous), which, in our opinion, occupy a special place and which it is extremely important to pay special attention to when training specialists in the field of translation.*

*Based on their own practical experience as a translator, they concluded that, in addition to linguistic and extra linguistic factors, psychological factors also influence the translator's activity. When performing different types of translation, the translator is exposed to different stress influences, which cannot be ignored when preparing for the performance of his professional duties. In this regard, we have proposed ways to form stress resistance. One of the promising methods, in our opinion, is the method of biofeedback.*

*In this study, we have attempted to present our vision of the problem of classification of types of translation and related issues. The problems of simultaneous translation are too extensive and require constant study. In our opinion, the facets of this problem covered in this work deserve to be taken into account both from the point of view of theory and in practice when training future specialists in the field of translation.*

**Keywords:** *classification of types of translation, time criteria, stress factor in the system of types of translation, formation of stress resistance, translation and psychological, hardware and non-hardware and psychological calibrations*

### Introduction

In the modern world, the role of intercultural and interethnic communication cannot be overestimated.

The value of the translator's work as a mediator in carrying out various bilateral or multilateral contacts is very significant. Sometimes issues of war and peace are resolved with the assistance of an interpreter.

However, in his work, a professional translator can perform various types of translation to solve the task at hand. The **purpose** of this work is to identify the grounds for classifying translation types, in particular, determining the place of simultaneous translation in the system of translation types. To achieve this **goal**, the author has solved a number of tasks, namely: 1) to consider the existing approaches to the classification of types of translation; 2) to point out some essential characteristics of consecutive translation and sheet translation, closely related, in our opinion, with simultaneous translation; 3) describe the types of simultaneous translation; 4) propose a classification of types of translation based on a time criterion; 5) consider the stress factor in the system of types of translation, suggest directions for the formation of stress resistance.



The **relevance** of our research is based on the fact that there are gaps in understanding the characteristics of certain types of translation. We will try to fill these gaps. The stressfulness of some processes cannot be excluded from the factors of various types of translation. In this article, the author puts forward a refined classification of types of translation, taking into account the time factor and the stress factor associated with it, which previously remained outside the scope of scientific translation research. The author also proposed directions for the formation of stress resistance (translation and psychological), including methods of psychological calibration (hardware and non-hardware). This determines the **scientific novelty** of our research. In the course of our work, the main method we chose was a review of the available works of domestic and foreign scientists, as well as an analysis of our own long-term translation experience. As a result of our work, we will attempt to present our own classification of translation types. One of the characteristic features of any type of translation is the formation of a certain degree of resistance to stress. We will also devote part of our work to this issue.

### **The mail part**

The implementation of simultaneous translation activity (SPD) is associated with significant changes in the functioning of cognitive mechanisms in comparison with other types of translation. For a qualitative account of the features of SPD, it is necessary to comprehensively consider its characteristic features in order to use the results in the process of training simultaneous interpreters, including on the basis of higher educational institutions. As a result of our analysis of the theoretical and practical material related to the characteristics of the SPD, we came to the conclusion that the SPD has three characteristics: linguistic, temporal, and psychological.

The linguistic characteristic of the SPD is associated both with the linguistic differences of a particular pair of languages, and with certain techniques that allow the translator to process the original text in order to convey it in the target language without losing or distorting its meaning. The temporal characteristic of SPD includes the simultaneous implementation of cognitive operations of understanding the source text and verbalization of the translation variant in the target language. At the same time, in parallel with the above operations, the analysis of the incoming information and the choice of the translation option are carried out. In this regard, the time factor is a defining characteristic in the implementation of the SPD. The psychological characteristic of SPD is one of the most important parameters of the professional reliability of a simultaneous interpreter. The quality of translation depends on how well a translator copes with the negative effects of stress. [1;46]

### **Discussion**

For a correct understanding of the place of simultaneous interpretation, it is necessary to provide a classification of types of translation. It can be presented depending on the classification criteria. By *the type of actor*, the types of translation can be subdivided into human translation and machine translation [2;224]. We also include a mixed type in this category, the so-called human-driven machine translation. This type of translation is due to human participation in preparing a text for machine translation, as well as in post-translation editing [3;154]. Text preparation consists in optimizing the syntactic structure of the source text for more adequate machine translation. According to *the method of representation of the source text*, translation with visual support and translation by ear are distinguished. The first group of types of translation includes written translation performed in the presence of a printed version of the original text or from a computer screen (visual translation); sight translation, when the translator performs interpretation based on the printed text (visual-oral translation). The second group can be represented by written translation, when the original text is presented orally (on a phonorecord or dictated by the author of the text); paragraph-phrasal translation, in which the translator performs one-sided oral translation (while the size of the passages he translates is limited in volume); two-way translation



(translation of a conversation between two languages of small-volume phrases of speakers); consecutive translation (one-sided or two-sided translation of significant excerpts of the speaker's speech with the obligatory keeping of an abbreviated record; pauses of the speaker's speech are carried out); simultaneous translation (one-way or two-way translation of the speaker's speech; carried out simultaneously with the deployment of the speech in the original language).

According to the *method of representation of the translation text*, the types of translation are divided into written and oral. We refer to written translation as visual translation and translation by ear. Interpretation includes visual interpretation (or sheet translation), paragraph-phrasal translation, two-way translation, consecutive translation and simultaneous translation [4;124]

By the *number of languages* involved in the translation process, we single out bilingual and multilingual translation. Bilingual translation implies the use of a native and one foreign language, while a multi-lingual translation can include, in addition to the native language, several foreign languages. This situation is typical for international conferences or formal negotiations with several working languages. In this case, the translator has to carry out an indirect translation (use a translation from an unfamiliar foreign language into a familiar foreign or native language, performed by another translator, in order to translate the speaker's speech either into his native language or into a familiar foreign language, respectively). In a situation with international conferences, an interpreter, as a rule, provides simultaneous translation. In the case of formal negotiations, sometimes a situation arises in which the receiving party cannot provide translation using the official languages of the parties. Then the parties agree to use an intermediary language (usually English) to ensure linguistic communication.

According to the *direction of translation*, one-sided and two-sided translation are distinguished. In a one-way translation, the translator carries out an act of communication either from a native language into a foreign one, or from a foreign language into a native one. In a two-way translation, the translator is involved in both directions between native foreign languages. [5;183]

According to the *functional styles* and genres of the source text, the types of translation are divided into literary and informational translations.

According to the *types of social situations*, we distinguish translation with individual support of the client (usually in the mode of consecutive two-way translation; sometimes - simultaneous translation), translation of court sessions (consecutive two-way translation), translation of medical events (consecutive or simultaneous translation), such as a patient's conversation and doctors, remote consultation of the patient, as well as surgeons in the period before and during operations [6;211].

### **Methodology**

Let us dwell separately on some types of translation, which, in our opinion, are of particular interest. Consecutive interpretation is performed in the pauses of the speaker's speech, i.e. after the speaker has completed part of his speech and allows the translator to translate the passage. However, do not forget that in the process of the speaker's speech, the translator makes an abbreviated recording, which requires him to almost instantaneously orientate himself in the original text and the ability to fix in a certain order and in a certain way the key positions of the speaker's speech, while keeping some of the information and performing in parallel with a record search for translation options. After the speaker completes part of his speech, the translator, in essence, translates from the sheet of his abbreviated entry, making the final decision in the course of verbalization regarding the translation option for a particular segment. [7;352]

In other words, in the process of consecutive translation, the translator performs two simultaneous translation operations: listening, orientation in the original text and abbreviated notation, on the one hand, and translation from the sheet of his abbreviated notation and making the final decision on translation, on the other.





Visual interpretation (sight translation) occupies a special place among the types of translation. We highlight prepared and unprepared sheet translation.

With a prepared sheet translation, the translator, if there is sufficient time, gets acquainted with the source text and prepares the translation of unfamiliar lexical units, its individual parts or the entire text in order to subsequently verbalize his version of the translation.

Unprepared sight translation is characterized by an acute shortage of time available to the translator. In the most classical version, the translator only manages to orientate himself in relation to the subject matter of the source text, after which, using the advance reading mechanism, he begins to verbalize his version of the translation with parallel analysis of the source text. In fact, sight translation is a type of simultaneous translation and is used to train future simultaneous interpreters, including in the framework of academic programs for training linguistic students.

*There are several types of simultaneous interpretation.*

The first type of simultaneous interpretation is a classic simultaneous interpretation, in which the interpreter, being in a specialized booth, listens to the speaker's speech coming through the head phones and at the same time verbalizes his version of the translation with the help of a microphone [8;256]. The second type of simultaneous translation consists in simultaneously listening to the source text and reproducing the translation version based on the speaker's text (simultaneous sheet translation - prepared and unprepared). At the same time, the translator checks by ear the correspondence of the text of the speech of the speaker in real time. Some translators choose to avoid this duplication, believing that it increases the cognitive load on the translator. Here it is necessary to take into account the type of translator according to the method of obtaining information: audialist (information is perceived in the best way through the auditory analyzer) or visualist (preference is given to the visual channel of obtaining information).

The third type of simultaneous interpretation consists in "whispering" to a certain recipient (or recipients) of the translation with the help of special equipment or without it. Usually, special equipment is used to provide this type of simultaneous interpretation to a group of recipients. In this case, the interpreter can be in the hall where the event is taking place, or outside it (provided that the equipment is working).

"Whispering" without equipment is carried out by the translator, being directly behind the recipient's back. This type of simultaneous translation is used in cases when the event does not provide for translation into the recipient's language, as well as when translating socially oriented events, for example, medical consultations between a patient and a doctor.

As a result, we came to the conclusion that *simultaneous interpretation is a type of one-way or two-way oral interpretation carried out in conditions of an acute shortage of time with the use of special equipment or without it.*

## Results

Another criterion for classifying translation types is the amount of time between familiarization with the source text and the implementation of the translation variant. Here we distinguish three types of translation: translation in the presence of a significant amount of time, translation with a minimum amount of time, translation in conditions of an acute shortage of time. *A translation in the presence of a significant amount of time* implies that the translator has enough time to familiarize himself with the source text, analyze it, search for translation options, fix them, as well as control and edit the translation text. This type of translation includes visual translation and written translation by ear, if it is possible to repeat the audio text, as well as sheet translation, provided that the text is sent to the translator in advance for processing.

Translation with a *minimum amount* of time means that the translator has enough time only for the initial orientation in the source text. Some of the cognitive operations can take place in parallel, and there is no possibility of post-translation editing. These types of translation include written translation by ear (in the conditions of translation under the dictation of the speaker;



for example, translation of an official letter), paragraph-phrase translation, consecutive translation. When *translating in conditions of an acute shortage of time*, the translator is practically deprived of the opportunity to perform at least some operations sequentially. All translation operations are carried out in parallel (or almost parallel) to each other. We refer to this type of translation as unprepared sheet translation and simultaneous translation. Under these conditions, the time required for translation is saved as much as possible. This fact is decisive in the organization of international events.

*The stress factor in the system of translation types*

Stress is an integral part of any translation activity. It is necessary to mobilize the resources of the translator's body (both physiological and cognitive) in order to carry out intercultural communication [9;120]. However, in the process of translation, situations arise when the translator is negatively affected by stress, which can lead to a change in the state of his linguistic consciousness. This change can be caused by a number of objective and subjective factors. To objective factors, we attribute this or that translation situation, the features of the speaker's speech. Subjective factors, in our opinion, include the translator's ignorance of key terminological vocabulary, psychological and / or physiological unpreparedness for translation activities. The stressful load on the translator varies depending on the type of translation. If we take, for example, the classification of translation types given by us in the previous section, we can conclude that if the translator has a significant amount of time between familiarization with the source text and the implementation of the translation option, the negative impact of stress will be minimal (or even absent). ... When the translator has a minimal amount of time at his disposal, the stress level will increase, although it is unlikely to reach the point at which a change in state occurs.

linguistic consciousness. Considering the group of types of translation, in which the translator works in conditions of an acute shortage of time, we can confidently assert that the negative impact of stress may well lead to a change in the state of the translator's linguistic consciousness. This fact was established by us in the course of a psycholinguistic experiment with simultaneous interpreters [10;79].

Taking into account the above considerations, we came to the conclusion that the time factor directly affects the level of stressful load that the translator is subjected to in the course of his professional activity.

*Formation of stress resistance*

Despite the objective nature of stress (both constructive and negative), there are ways to train stress resistance. Speaking about resistance to stress, we first of all mean the negative impact of stress, which prevents the translator from performing his professional tasks.

Such training must be carried out by each translator on the eve of work in conditions, first of all, of an acute shortage of time.

We distinguish two main directions of the formation of stress resistance.

The first direction is translation itself. Within the framework of this direction, the translator must constantly improve his linguistic knowledge, be guided by changes in the lexical composition of languages, including on a specific topic of translation (linguistic component). In addition, every professional in the field of translation needs to know the linguistic picture of the world of the countries in which they speak in target languages, to navigate current events in the field of politics, economy and culture of these countries (extra linguistic component).

The second direction is psychological. Here the translator must prepare his body for work under the negative influence of stress. Receptions can be very diverse and individual. We are currently studying methods of psychological calibration using color and sound. The sound component is, in our opinion, the most accessible, since listening to a particular sound (musical) work can take place without the involvement of special equipment.[11;2000]





The “MindSpa” device developed by “Stim” can be used as a hardware calibration option. The device allows you to calibrate various cognitive states: from deep sleep to active wakefulness. [12 <http://www.avstim.com;>]

The main task of psychological calibration is to form biofeedback (BFB), in which the translator could, on the basis of the previous fixed positive experience, consciously change the status of his autonomic nervous system, thereby suppressing the negative effects of stress and overcoming the altered state of his linguistic consciousness. In medicine, biofeedback helps to assess the resistance to stress and the psycho-emotional state of the patient [13; <https://www.hindawi.com/journals/nrp/2015/160746>] This method is used to conduct rehabilitation trainings, the purpose of which is to teach self-correction of psycho-emotional disorders of the body [4; eight; eleven]. In our opinion, this method could be quite effectively applied in preparation for translation activities. [14;2000]

### Conclusion

As a result of the review and analysis of materials on the issue of types of translation, as well as on the basis of our own practical experience as a translator, we came to the following conclusions:

1. The following criteria can serve as the basis for the classification of types of translation: the type of actor, the way of representing the source text, the way of representing the text of the translation, the number of languages, the orientation of the translation, functional styles and genres, types of social situations, as well as the amount of time between familiarization with the source text and implementation translation option.

2. Consecutive translation, despite the fact that it is carried out in the pauses of the speaker's speech, includes two simultaneous processes: listening, orientation in the original text and abbreviated notation, on the one hand, and translation from the sheet of his abbreviated notation and making a final decision on translation - on the other. Unprepared sight translation is one of the types of simultaneous translation. It is used as a training tool for classical simultaneous interpretation.

3. Simultaneous interpretation is a type of one-way or two-way interpretation carried out in conditions of an acute shortage of time with the use of special equipment or without it. There are three types of simultaneous interpretation:

- 1) classical simultaneous interpretation performed in a specialized booth;
- 2) prepared and unprepared simultaneous sheet translation and 3) whispering.

4. The time factor is directly related to the level of stress. The less time a translator has to analyze the source text, the greater the negative impact of stress he experiences. Therefore, simultaneous interpretation is the most stressful type of translation.

5. Two directions of stress resistance formation are highlighted: translation (improvement of knowledge in the field of language, linguistic picture of the world, orientation in the current events of the countries of target languages) and psychological (preparation of the body for work under the negative influence of stress). Hardware and non-hardware methods of psychological calibration are proposed. At the same time, an assumption was made about the possible use of biofeedback as a method of such calibration for translators. [15;331]

In the conducted review of scientific literature, we were able to establish the criteria for the classification of types of translation, as well as to determine the place of simultaneous translation in them. We have pointed out the peculiarities of some types of translation (consecutive, sight translation and simultaneous), which, in our opinion, occupy a special place and which it is extremely important to pay special attention to when training specialists in the field of translation [16; <https://cyberleninka.ru/article/n/evolyutsiya-roley-ustnogo-perevodchika-v-sovremennom-mire>]



Based on our own practical experience as a translator, we concluded that, in addition to linguistic and extra linguistic factors, psychological factors also influence the translator's activity. When performing different types of translation, a translator is exposed to different influences of stress, which cannot be ignored when preparing for the performance of their professional duties. In this regard, we have proposed methods for the formation of stress resistance. One of the most promising, in our opinion, methods is the biofeedback method.

In this study, we made an attempt to present our vision of the classification problem types of translation and related issues. The problem of simultaneous interpretation is too broad and requires constant study. In our opinion, the facets of this problem, highlighted in this work, deserve to be taken into account both from the point of view of theory and practice in the preparation of future specialists in the field of translation.

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