

Reasons why physical and emotional state of interpreter may affect on the quality of simultaneous interpretation

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Abstract: This article is devoted to the emotional and physical state of the interpreter during simultaneous interpretation. Simultaneous interpretation has always been perceived as a type of oral translation, in which the translator, in conditions of acute shortage of time, perceiving the text in one language, issues its translation in another language. The article studies stress factors that have a psychological impact on the work of a simultaneous interpreter.

Keywords: simultaneous interpretation, stressfulness, psychological impact, changing situations, human factor

In the classical situation of simultaneous translation, the simultaneous interpreter works in a specialized cabin, which is equipped with equipment for the perception and reproduction of sound, as well as visual accompaniment of the speaker's speech (tribune with the speaker, slides of his presentation and others). The booth has appropriate soundproofing, air conditioning, maintaining a comfortable temperature. Under ideal conditions, it contains writing instruments and still water.

There are also situations where an interpreter works outside a specialized booth, is in close proximity to the recipient of the message. In such conditions, he performs whispering, trying not to interfere with the perception of information by others. In this case, basically, we can talk about the actual simultaneous translation, without relying on the text. In addition to the situations mentioned above, an interpreter sometimes has to work with portable simultaneous translation systems. They consist from the transceiver located at the interpreter, and the receivers of the recipients of the message. In this case, the translator may be as in the boardroom where the event is taking place, and outside, depending on the radio transmission capability of the portable system. While outside the meeting room, the interpreter has the ability to move, which he is deprived of, by translating in the booth or near the recipient of the message. The situations mentioned above describe simultaneous interpretation in conditions where all participants' events are in the same place. However, there is also a situation in which speakers and/or recipients of a message and/or translators are located in different geographic locations. In this case, remote simultaneous translation is organized. Technological platforms for such a translation situation may be different (for example, Skype).

In addition to the situation of translation mentioned above, the translator sometimes has to translate in the "field" conditions, when technically translation carried out using two mobile phones turned in different directions. In such a situation, one cannot speak of high-quality simultaneous translation, since the interpreter is deprived of elementary conditions and is influenced increased stress load. Translation departments of international organizations (UN, OSCE, European Commission and others), as well as reputable translation companies adhere to the standards developed over the years work of simultaneous interpreters. As a result of their work, an appropriate standard was developed that regulates various aspects simultaneous translation activities.

In simultaneous translation, the perception of sound the form of the original text is the most important source of information for the translator. New technologies make it possible to receive various forms of audio and video signals. These technologies are increasingly being used to provide audio and visual information to interpreters. Their quality determines the translation situation for simultaneous interpreters. Therefore, how audiovisual information is provided is vital. An important factor, as a result of which it is necessary fix it as a standard. Technical (physical) stressful factors include temperature, humidity and air quality. Some of the previous research has examined the influence of such factors on the performance of the interpreter in the booth. According to UN standards, simultaneous interpretation booths must have efficient, silent and autonomous ventilation systems and air conditioning. Frontal viewing windows should provide a complete view from the cab, have an anti-reflective coating and not be obscured by other equipment. Among other things, they must meet the requirements for soundproofing. Inside the booth, each interpreter must have an individual console simultaneous translation. In addition to the technical equipment, booths should be equipped with hard-surface tables, dimmable lamps, comfortable chairs, stationery and water. Unfortunately, this level of the workplace of a simultaneous interpreter is rarely achievable in real conditions. Based on my own experience of working as interpreter, often the translator himself must be able to set up equipment, have all the necessary stationery and water, because event organizers do not always remember that the technical side of the situation simultaneous translation plays a huge role in the effective work of a simultaneous interpreter. Regarding the run time simultaneous interpreter, many international organizations adhere to the standard in 30 minutes. At the same time, at least two interpreters should be assigned to the booth.

Now let's move on to the factors of the translation situation that affect the work of a simultaneous interpreter. In a pilot study by a number of scientists, the effect of long-term continuous work (more than 30 minutes) on the quality of simultaneous interpretation using saliva tests for the level cortisol and immunoglobulin A.

Although some the conditions of the translation situation are stressful for most translators, the perception of stress is purely individual and it is subject to factors such as a sense of confidence in themselves and self-assessment of changes in the situation. In most cases, it is these factors that determine whether changes in the translation situation are stressful or not. Psychological testing under stress compared with normal conditions confirmed a well-known fact about the fact that a number of translators do not change the quality of their translation with an increase in stressful load or even improve it, while other simultaneous interpreters, demonstrating a high quality of work under normal conditions, turn out to be unable to maintain this figure. A study was conducted as part of the MARC on the impact of workload on work simultaneous interpreters, while using various methods and tools. This the first comprehensive study of all parameters: psychological, physiological, physical and professional. Main emphasis was made on the extent to which these parameters influence each other. As a result, it was found that translators developed certain mechanisms for leveling stressful load. However, there were indications that there are physiological consequences associated with maintaining the quality of translation with increasing stress. Ambulatory blood pressure and heart rate measurements after 24 hours demonstrated that the work of simultaneous interpreters is stressful. These figures were highest when interpreters performed simultaneous translation. Within the framework of the cognitive-dynamic concept of simultaneous translation put forward by us we argue that his cognitive system consists of cognitive mechanisms that ensure the implementation of simultaneous translation tasks (more about cognitive mechanisms see). We single out objective and subjective factors influencing these cognitive mechanisms. Objective factors do not depend on the translator. Therefore, their influence has a particularly negative effect on the professional reliability of the simultaneous interpreter. Among the objective factors, we include the pronunciation features and the rate of speech of the speaker (affects the cognitive mechanism perception and understanding), features of terminological vocabulary and abbreviations in oral speech (cognitive mechanism of information processing), interlingual interference (cognitive mechanism of switching between languages), features of the norms of the target language (cognitive mechanism choice of translation). In addition to these factors, a significant impact on professional reliability the translator is rendered by so-called technical factors, comfortable physiological working conditions.

The subjective factors of the situation of simultaneous translation are mainly related to the personality of the interpreter. These factors include physiological (the amount of sleep before work in the cabin, health indicators, the optimal amount of food and water consumed), psychological (problems in the family, overcrowding in transport, readiness for simultaneous translation activities, subjective perception of

possible stress factors). The objective and subjective factors described above have an impact on the translation situation, as a result of which certain changes. Such changes can be predictable or sudden. According to the cognitive dynamic concept, in order to maintain its integrity, the cognitive system of simultaneous translation must have certain flexibility. In other words, with an increase in the stressful load, cognitive mechanisms should continue their uninterrupted functioning at a level that ensures the performance simultaneous translation task. To do this, the simultaneous interpreter must be able to take countermeasures in a timely manner. Part of the countermeasures the translator can and should undertake in advance. In particular, this concerns the pronunciation features of the speaker whom he will have to translate. Ideally, the synchronized interpreter should meet with him the day before and discuss all aspects of his speeches. However, this is usually not possible for various reasons. Among these reasons can be attributed to the lack of time (for both the speaker and the interpreter) between arrival at the event (if the speaker and / or interpreter is from another country / city), the sensitive nature speeches (you cannot disclose it in advance content). One of the ways to get acquainted with the speaker's pronunciation is a worldwide network Internet.

Another countermeasure that can be prepared before translation starts is to study terminological base on the subject of the event, as well as abbreviations that can be used on it be used. For the reasons mentioned above not always the translator can familiarize himself with the speaker's speech in advance. Usually the text of his speech is transmitted to the cockpit in a few minutes (if at all). In addition to the above measures, the translator must also remember the features of the translation from one language to another and prepare possible response options when faced with the standard syntactic structures of the source language. For example, when translating from Russian into English, it is important to remember that Russian the sentence often begins with minor members of the sentence, while the main ones are at the end. This is connected with the theme-rhematic articulation of the Russian utterance. At it has to be translated into English using the symbolic method of translation that is as you become familiar with the information. In addition, the simultaneous interpreter must be able to carry out pre-translation adjustment his motor speech analyzer so that the sound of his speech is correct and clear. However, some of the changes in the translation situation occurs suddenly, as speech unfolds speaker. First of all, a simultaneous interpreter must be psychologically prepared for any options for the development of events. To do this, there are a number of psychological techniques that help increase stress resistance. Of particular importance in particularly stressful conditions is the ability of an interpreter, in addition to the use of various strategies and techniques, sound confident and believable.

In this regard, it is necessary to note the significant role assigned to the cockpit partner, who, during a break from transfer, must provide the necessary assistance to his colleague. Therefore, when planning simultaneous interpretation of or other event, the organizer must create a mandatory requirement for two interpreters per booth with mandatory equipment booths as above. All the factors mentioned above, which lead to certain changes in the situation of simultaneous translation, have a different effect to the cognitive system. It depends on the subjective assessment of the translator himself, as well as on his readiness to promptly respond to these changes. In this regard, we note the growing importance of taking into account the whole set of factors affecting the professional reliability of a simultaneous interpreter, when organizing the educational process.

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