

## PSYCHOLOGICAL APPROACH TO SIMULTANEOUS INTERPRETATION

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**Abstract:** The issue discussed in this article, as well as whether interpretation should be regarded as an art or a science, a talent or a gift, has been hotly debated. By contrasting the mechanisms that psychology studies with the processes required to perform efficient simultaneous interpretation, it is clear that these processes are a portion of a person's personality that are given to them from birth. From this point we will examine the psychological approach to simultaneous interpretation and how it might assist interpreters in coping with the difficulties of their line of work.

**Key words:** Simultaneous interpretation, psycholinguistics, speech acts overcoming, approaches.

A sophisticated and demanding endeavor requiring a high degree of language and cognitive abilities is simultaneous interpretation, often known as conference interpreting. It entails hearing a speaker talk in one language while simultaneously translating what they're saying into another language as they continue. Due to the demanding cognitive and linguistic demands of their work, interpreters run the danger of developing psychological stress and burnout. So how we tackle these problems? As Barik pointed out (Barik, 1973), several questions immediately spring into my mind related to simultaneous interpretation's task. How Does the interpreter carry out all activities involved in simultaneous interpretation? What strategies and approaches should be used? What challenges can arise during the process? To what extend can the study of the interpreter's speech patterns and content of the translations ensure cues to the processes involved?

If we continue this matter, one can find more questions than Barik's. The thing is to overcome challenges faced interpreters while they are working. Interpreters should acquire some essential skills such as mental, social, practical and emotional. By examining these characteristics, we may determine that two categories—mental and social—are the ones that can be acquired quickly through the acquisition of new knowledge. The other two categories are more difficult to get. The root of psychology, a science of the mind, is where this comes from. According to psychological studies, simultaneous interpretation requires a variety of cognitive functions, including control, memory, and attention. Interpreters must pay attention to the speaker's words, retain them in short-term memory, and analyze them for meaning while simultaneously creating a translation in the target language. Additionally, they must continuously

evaluate their own performance and make adjustments. High levels of cognitive flexibility, working memory capability, and attentional control are necessary for this. The cognitive and emotional processes involved in simultaneous interpretation are crucial to comprehend, according to the psychological viewpoint. This method contends that a variety of psychological elements, such as self-efficacy, anxiety, motivation, and cognitive load, have an impact on interpreters' performance. Performance, well-being, and work satisfaction are all impacted by these interrelated criteria for interpreters. Anxiety is a significant psychological component that has an impact on how well interpreters' work. The stress of working in a high-stakes situation, the worry that they may make mistakes or be misinterpreted, or the challenge of juggling cognitive and language demands can all cause anxiety among interpreters. High levels of anxiety can make interpreters less effective by decreasing their ability to focus attention, use working memory, and be flexible in their thinking. As a result, it's crucial for interpreters to establish efficient coping mechanisms for anxiety management, such as deep breathing exercises, empowering self-talk, and cognitive reappraisal. Cognitive load is a significant psychological component that influences the performance of interpreters. The amount of mental work needed to complete a task is referred to as cognitive load. The complexity of the source language, the speaker's pace, or the requirement for simultaneous processing can all cause interpreters to endure high levels of cognitive strain. High cognitive loads can cause cognitive exhaustion and lower translators' capacity to maintain accuracy and pay attention over time. As a result, it's crucial for interpreters to manage their cognitive load by taking good notes, making the most of their workspace, and taking regular breaks. The performance of interpreters is also significantly influenced by self-efficacy, a crucial psychological aspect. A person's self-efficacy is a measure of how confident they are in their capacity to do a task effectively. High self-efficacy interpreters are more likely to approach their task with assurance and perseverance, whereas interpreters with low self-efficacy may feel overwhelmed and disengaged. As a result, it's crucial that interpreters cultivate a sense of self-efficacy by making attainable objectives, getting feedback, and celebrating their accomplishments. Here is the tips to accomplish their tasks professionally;

- \* Professional interpreters with experience often review conference materials a day or two in advance.

- \* To get ready for the topics that will be covered or dealt with during meetings. By doing this, some of the pressures that come with the work are alleviated.

Interpreters will have difficulties if they are given little or no information about the conference and its speakers. Going into a situation unprepared is one of the biggest obstacles that interpreters encounter.

The conference hosts' preparation materials provide the interpreters a chance to familiarize themselves with the issues that will be presented or discussed, the lingo that will be used, and the speakers' backgrounds. It gives them time to conduct additional research, if needed, in order to adequately get ready for the assigned work.

\* In order for interpreters to approach their work with greater confidence, preparation is important. Thus, before accepting a job, it is crucial for interpreters to ask some fundamental questions. Subject matter and nature of the meeting

- Venue and date
- Technical conditions (equipment, visibility and interpretation booths)
- Language regime and source and target languages
- Availability of texts and documents
- Interpreting mode
- Team leader, booth mates, team members

The last psychological aspect that significantly influences the happiness and wellbeing of interpreters at work is motivation. Intrinsically driven interpreters are more likely to feel a sense of purpose in their work and enjoy it more, which increases job satisfaction and decreases burnout risk. Contrarily, interpreters who are driven by extrinsic motivations like monetary gain or social acceptance may be more prone to fatigue and discontent at work. As a result, it's critical for interpreters to develop intrinsic drive by putting a value.

To conclude, no matter how difficult task is provided to interpreter, they should not panic and gain confidence towards themselves. Psychology of interpreter leads to success if they follow instructions and tips which were mentioned above.

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