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AN ANALYSIS OF TRANSLATION STRATEGIES APPLIED TO ENGLISH PSYCHOLOGICAL TERMS IN INDONESIAN

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Abstract
This article aims to identify how strategies of translation were applied in English psychological terms that translated into Indonesian. Certain terms may be too specific or too general; it can cause challenges to the translator itself. However, translators must consider a proper way to transfer the meaning culturally and linguistically relevant to the target text. Through this article, it will focus on describing the detailed process of transferring meaning from the source text to the target text to obtain factual data and information related to the translation strategies used by the translator. Therefore, qualitative methods were applied in this study. A total of 28 data were gathered from the book by Viktor E. Frankl entitled Man's Search for Meaning. The data are words and phrases that belong to psychological terms, then data were analyzed using Andrew Chesterman translation strategies. Chesterman's strategies are divided into three main groups as well as syntactic strategy, semantic strategy and pragmatic strategy. Each group represents different levels of linguistic unit. Then the result shows that from all the data that have been collected, 6 out of 30 strategies are applied in the translation, that is literal translation 7 data, loan 1 data, calque 11 data, unit shift 3 data, paraphrase 4 data and cultural filtering (adaptation) 4 data.

Keywords— Andrew Chesterman, phrases, psychological terms, translation strategies, words

Introduction

Translation generally is an activity of transferring one meaning in source language into target language. Larson (1984) added that translation is basically change of form. These forms refer to actual words, phrases, sentences and paragraphs. Catford (1965) also explained that translation is an operation performed on languages, a process of substituting a text in one language for a text in another. In another word translation is an act of changing textual form one language to another language. Therefore, translation requires text from source language and target language.

Meanwhile Hoed (2006) stated that translation is an activity of transferring in writing a message from a text in one language into a text in another language. A change of meaning can occur due to the differences of cultural background, linguistic elements, also translator knowledge in certain context and linguistic interpretation. This matter may be an issue for translators when translating certain terms. As well as translator should be able to convey the meaning of the source language grammatically and structurally precise to the target language without altering the entire messages. Translation result may not be the exact same form as the source language due to different structures of target language.

Thereby, translating specific terms requires thorough comprehension of both linguistic and cultural contexts, as differences between the source and target languages can present significant challenges. Nida and Taber (1969) stated that every language possesses certain

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distinctive characteristics which give it a special character, e.g., word-building capacities, unique patterns of phrase order, techniques for linking clauses into sentences, markers of discourse, and special discourse types of poetry, proverbs, and song. The structure, culture, and style of the source language (SL) and target language (TL) are all distinct. (Amanda, Hilman, and Dwi Agustina 2022)

Considering the reason, experts have compiled several ways to solve the problem, some called it technique of translation, strategies of translation, methods of translation and procedures of translation. It all aims at finding the best way to overcome untranslatable words in certain terms. Different kinds of text may require different ways to translate as they have different styles in expressing concepts, so it is important for translators to choose the appropriate technique or methods based on the terms. Each of these offer variation alternatives that enrich translator choices.

There are several literature reviews on translation studies that are similar with present discussion, including Sulistijani & Parwis (Sulistijani and Parwis 2019), in this study took the object of translation in the subtitling of the film Ender's Game with the aim of identifying what translation strategies are contained in the subtitling of the film "Ender's Game" by using the combination of Vinay & Darbelnet (2000) strategies and Newmark (1981) procedures. From this study, the translation strategies used in the film Ender's Game are expansion, paraphrasing, transfer, imitation, condensation, decimation, deletion, and taming strategies. In the film Ender's Game, the taming strategy is most often used.

Furthermore, Sari & Gusthini (Winda Rizky Fatma Sari and Gusthini 2023) aims to analyze the translation strategies of cultural terms found in four selected children's story books from the Let's Read Asia - The Asia Foundation digital library. The author refers to the theory of cultural translation strategies from several experts such as Newmark (1988), Baker (2011), and Hoed (2006), some of whose strategies are close to one another. The results of the study show the strategies used by translating cultural terms in the story books above, namely: literal translation, transference, cultural equivalent, transposition, modulation, generalization, descriptive equivalence, recognized translation, contextual conditioning, notes/additions/glosess, reduction, and some combine 2 translation strategies (couplet).

Syahnia & Gusthini (Syahnia and Gusthini 2024), this study identifies the application of translation strategies based on Suryawinata & Hariyanto (2016) in Agatha Christie's novel Murder on The Orient Express. The results of the study indicate that most of the translation strategies have been applied in the translation process of this novel. Structural strategies such as addition, reduction, and transposition were found to be consistently applied in the translated text.

Adluna (Adluna 2025) discussed identify the strategies used in translating slang expressions based on their functions in the novel Eleanor & Park using Butkuviene & Petrulione (2010) strategies. The findings reveal that three slang translation strategies were applied in the translation process, with stylistic compensation being the most frequently used. Specifically, 10 instances of stylistic compensation, 3 instances of softening, and 2 instances of literal translation were identified. This study highlights the necessity of selecting appropriate slang translation strategies based on context, target audience, and the translator's approach to conveying meaning effectively.

The previous articles are similarly identifying the translation strategies in different objectives of the study such as movie subtitles and slang expressions in the novel, along with different kinds of text such as children's story books and mystery novels. On the other hand, this article's objective is psychological terms in nonfictional book entitled Man's Search for Meaning. Aims to identify what strategies the translator used when translating English psychological terms into Indonesian and how the strategies were applied in the target language.

Literature Review

Translation activity is a cultural intermediary between the source language and the target language and the main actor in the intermediary is the translator. The message is the main thing in translation. Conveying messages from the source language to the target language often

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encounters problems, including the absence of the same terms in the target language. To produce a good translation, several stages of the translation process and methods are required. (Pahrul Hadi, Suhendra, and Miswaty 2020) stated that translation strategy is a method for analyzing and identifying context, meaning, or messages in the source language and transferring them into the target language. By using translation strategies, translators can produce more accurate translations, maintain the same meaning, and make them easy to understand for target readers.

According to Lörscher in Plońska (2014), translation strategy is "a potentially conscious procedure for the solution of a problem which an individual is faced with when translating a text segment from one language to another". Translation strategies can be considered as translation process, not only does the translator need to equalize the linguistic units in both languages but also deliver the whole meaning. As Khudaybergenova (2021) stated that the process of translation as a specific component of communication with the use of two languages is always a human activity, it accumulates problems of philosophy, psychology, physiology, sociology and other sciences, not to mention linguistics, the dependence of translation on which there is no need to prove.

Additionally, translation strategy proposed by Andrew Chesterman (Chesterman 2016) is classified into three main groups of strategies: syntactic strategies, semantic strategies, and pragmatic strategies. a. Syntactic Strategies (coded as G) Syntactic strategies include pure syntactic variations; namely (G1) literal translation, (G2) borrowing and calque, (G3) transposition, (G4) unit shift, (G5) phrase structure change, (G6) clause structure change, (G7) sentence structure change, (G8) cohesion change, (G9) level shift, and (G10) schema change. b. Semantic Strategies (coded as S) Semantic strategies manipulate meaning. These changes are mainly related to lexical semantics and sometimes aspects of clause meaning such as stress. The strategies are divided into ten main categories: (S1) synonym, (S2) antonymy, (S3) hyponymy, (S4) conversation, (S5) abstraction change, (S6) distribution change, (S7) emphasis, (S8) paraphrase, (S9) figurative change, and (S10) other semantic changes. c. Pragmatic Strategies (coded as Pr) Chesterman lists the following subclasses of Pragmatic Strategies: (Pr1) cultural filtering, (Pr2) clarity change, (Pr3) information change, (Pr4) interpersonal change, (Pr5) illocutionary change, (Pr6) coherence change, (Pr7) partial translation, (Pr8) visibility change, (Pr9) transediting, and (Pr10) other pragmatic changes.

Research Method

The research method used by the researcher is qualitative methods. This article focuses on describing the detailed process of translation from the source text to the target text. As (Merriam and Tisdell 2016) added that the product of a qualitative inquiry is richly descriptive. Words and pictures rather than numbers are used to convey what the researcher has learned about a phenomenon. There are likely to be descriptions of the context, the participants involved, and the activities of interest.

The source of data is nonfiction book, namely Man's Search for Meaning by Viktor. E Frankl (2006) and published by Beacon Press in Boston, Massachusetts and its translation to Indonesian translated by Haris Priyatna (2017). It was published by PT Mizan Publika in Jakarta. There are procedures that the researcher used in this research as follow: 1). The researcher reads the books Man's Search for Meaning and its translation in Indonesian to have full understanding of the content; 2). The researcher collects words and phrases of psychological terms found in English version and their translation in Indonesian version. The collected data are highlighted then the researcher looked it up in an online dictionary (American Psychological Association n.d.); 3). The data that have been arranged in table form are examined to identify their translation strategy; 4). The data sampling is analyzed by using translation strategies and then the discussion is explained descriptively. The researcher compares the psychological terms one by one from the source text and the target text; 5). The results are analyzed by analyzing the data and the findings that emerge.

Results and Discussion

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Translation of psychological terms in the target text that have been collected then categorized into each category of strategies. After carrying out the analysis of psychological terms data, it is found 6 strategies applied by the translator. Literal translation 7 data, loan 1 data, calque 11 data, unit shift 3 data, paraphrase 4 data, and cultural filtering (adaptation) 4 data. The researchers only use half of the data for samples.

Literal Translation
Data 1

Source Text	Target Text
The **symptom** that characterizes the first phase is shock. p. 18.	*Gejala* yang menandai fase pertama adalah syok (terguncang jiwanya). p.10.

The word **…symptom…** in the source text is translated into *...gejala…* in the target text. In accordance with Daftar Istilah Psikologi (Hasan et al. 1979), the equivalent term for **symptom** which has been established as *gejala*. Source text is translated literally close to the target text equivalent. Therefore, the translator uses literal translation strategy. Symptom means in general, any event that is indicative of another event according to dictionary.apa.org. Despite the original concept of the terms, the translator transfers the term into the closest equivalent in the target text while maintaining the original meaning and form of the source text.

Data 2

Source Text	Target Text
Logotherapy bases its technique called **"paradoxical intention"** on the twofold fact that fear brings about that which one is afraid of, and that hyper-intention makes impossible what one wishes. p. 109.	Teknik logoterapi yang lazim disebut *paradoxical intention (niat paradoksikal),* didasarkan pada dua fakta: pertama, rasa takut bisa menyebabkan terjadinya hal yang ditakutkan; kedua, keinginan yang berlebihan bisa membuat keinginan tersebut tidak bisa terlaksana. p. 178.

The phrase **…paradoxical intention…** in the source text is translated into *...niat paradoksikal…* in the target text. Each word in the source text is translated literally close to the target text equivalent. Thus, this strategy is called literal translation. Paradoxical intention means a psychotherapeutic technique used for anxiety disorders in which the individual is asked to magnify a distressing, unwanted symptom according to dictionary.apa.org. Despite the original concept of the terms, the translator transfers the term into the closest equivalent in the target text while maintaining the original meaning and form of the source text.

Data 3

Source Text	Target Text
Pleasure is, and must remain, a **side-effect** or by-product, and is destroyed and spoiled to the degree to which it is made a goal in itself. p. 109.	Kesenangan harus selalu dan harus tetap merupakan *efek samping* atau produk samping, dan kesenangan tersebut akan hancur atau rusak dengan sendirinya jika dijadikan tujuan. p. 178.

The phrase **…side-effect…** in the source text is translated into *...efek samping...* in the target text. Each of words is translated literally close to the target text equivalent. Thus, this strategy is called literal translation. In dictionary.apa.org side effect means any reaction secondary to the intended therapeutic effect that may occur following administration of a drug or other treatment. In this text the translator transfers the meaning into the closest meaning in the target text while maintaining the original meaning and form of the source text.

Data 4

Source Text	Target Text
A man's concern, even his despair, over the worthwhileness of life is an existential distress	Kepedulian seseorang, bahkan keputusasaannya dalam mencari makna penuh

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but by no means a **mental disease**. p. 93.	dari hidupnya merupakan kesulitan eksistensial, tetapi sama sekali bukan *penyakit mental*. p. 148.

The phrase **...mental disease...** in the source text is translated into *... penyakit mental...* in the target text. Mental diseases according to dictionary.apa.org means any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these. Such disorders cannot be accounted for solely by environmental circumstances and may involve physiological, genetic, chemical, social, and other factors. The phrase is translated into the closest meaning in the target text, minimizing the change of meaning to maintain the original concept.

Loan

Source Text	Target Text
Insofar as the feeling of meaninglessness is concerned, however, we should not overlook and forget that, per se, it is not a matter of pathology; rather than being the sign and symptom of a **neurosis**, it is, I would say, the proof of one's humanness. p. 123.	Namun, jika seorang pasien merasa dirinya tidak berguna, kita tidak boleh mengabaikan dan melupakan bahwa pada dasarnya kita tidak berhadapan dengan masalah patologi; perasaan seperti itu bukan tanda atau gejala *neurosis*, saya akan mengatakan bahwa itu adalah bukti kemanusiannya. p. 201.

The word **…neurosis…** in the source text is translated into *…neurosis…* in the target text. The word from the source text is purely borrowed into the target text. Thus, this strategy is called loan. According to dictionary.apa.org, neurosis means any one of a variety of mental disorders characterized by significant anxiety or other distressing emotional symptoms, such as persistent and irrational fears, obsessive thoughts, compulsive acts, dissociative states, and somatic and depressive reactions. In this text, the translator borrowed the term to maintain the original concept.

Calque
Data 1

Source Text	Target Text
Logotherapy conceives of conscience as a prompter which, if need be, indicates the direction in which we have to move in a given life situation. p. 126.	*Logoterapi* menganggap kesadaran sebagai isyarat yang, jika diperlukan, akan menunjukkan arah yang harus ditempuh di dalam situasi kehidupan tertentu. p. 205.

The word **…logotherapy…** in the source text is translated into *…logoterapi…* in the target text by omitting the letter **-h** and changing the letter **-y** into **-i**. This is called calque strategy. Logotherapy means an approach to psychotherapy that focuses on the "human predicament," helping the client to overcome crises in meaning according to dictionary.apa.org. Certain letters from the source text are translated into the target text without changing the original meaning.

Data 2

Source Text	Target Text
Psychoanalysis has often been blamed for its so-called **pansexualism**. p. 114.	Psikoanalisis kerap disalahkan karena menerapakan metode yang lazim dikenal sebagai *panseksualisme*. p. 186.

The word **...pansexualism...** in the source text is translated into *...panseksualisme...* in the target text by changing the letter **-x** into letter **-k** and **-s** and added letter **-e** at the end of the word. This is called calque strategy. Pansexualism means the view that all human behavior is motivated by the sexual drive. Sigmund Freud has been popularly associated with such a view; although he emphasized the power of the sexual instinct, Freud also recognized nonsexual interests, such as the self-preservative drives (e.g., hunger, thirst) and the aggressive drive

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associated with the death instinct. Certain letters from the source text are translated into the target text without changing the original meaning.

Data 3

Source Text	Target Text
A given symptom is responded to by a **phobia**, the phobia triggers the symptom, and the symptom, in turn, reinforces the phobia. p. 113.	Gejala tertentu memicu munculnya sejenis *fobia*, fobia tersebut kemudian memicu gejala, dan sebaliknya gejala semakin meningkatkan fobia. p. 183.

The word **...phobia...** in the source text is translated as *...fobia...* in the target text by changing the letter **-p** and **-h** into letter **-f**. This is called calque strategy. Phobia, according to dictionary.apa.org means a persistent and irrational fear of a specific situation, object, or activity (e.g., heights, dogs, water, blood, driving, flying), which is consequently either strenuously avoided or endured with marked distress. Certain letters from the source text are translated into the target text without changing the original meaning.

Data 4

Source Text	Target Text
I am reminded of the American doctor who once turned up in my office in Vienna and asked me, "Now, Doctor, are you a **psychoanalyst**?" p. 89.	Saya teringat pada seorang dokter Amerika yang datang ke tempat praktik saya di Wina dan bertanya, "Dokter, apakah Anda seorang *psikoanalisis*?" p. 141.

The word **...psychoanalyst...** in the source text is translated into *...psikoanalisis...* in the target text by changing the letter **-y** into **-i**, letter **-c** and **-h** into **-k** and omitting the letter **-t**. This strategy is called calque. According to dictionary.apa.org psychoanalyst means a therapist who has undergone special training in psychoanalytic theory and practice and who applies to the treatment of mental disorders the techniques developed by Sigmund Freud and others whose theories were built on Freud's belief in unconscious processes. Certain letters from the source text are translated into the target text without changing the original meaning.

Data 5

Source Text	Target Text
Psychologically, what was happening to the liberated prisoners could be called **"depersonalization."** p. 83.	Secara psikologi, apa yang terjadi pada tawanan yang baru dibebaskan lazim disebut *"depersonalisasi."* p. 130.

The word **...depersonalization...** in the source text is translated into *...depersonalisasi...* in the target text by changing the letter **-z** and **-t** into **-s** and omitting the letter **-o** and **-n**. This strategy is called calque. In dictionary.apa.org, depersonalization means a state of mind in which the self appears unreal. Individuals feel estranged from themselves and usually from the external world, and thoughts and experiences have a distant, dreamlike character. In its persistent form, depersonalization is observed in such disorders as depression, hypochondriasis, dissociative states, temporal lobe epilepsy, and early schizophrenia. Certain letters from the source text are translated into the target text without changing the original meaning.

Data 6

Source Text	Target Text
Such widespread phenomena as **depression**, aggression and addiction are not understandable unless we recognize the existential vacuum underlying them. p. 97.	Mewabahnya fenomena berbentuk *depresi*, agresi, dan kecanduan akan sulit dipahami sebelum kita memahami kehampaan hidup yang mendasarinya. p. 155.

The word **...depression...** in the target text is translated into *...depresi...* in the target text by omitting one of the letters **-s**, letter **-o** and **-n**. This strategy is called calque. Depression means a negative affective state, ranging from unhappiness and discontent to an extreme feeling

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of sadness, pessimism, and despondency, that interferes with daily life according to dictionary.apa.org. Certain letters from the source text are translated into the target text without changing the original meaning.

Unit shift
Data 1

Source Text	Target Text
What accumulated was quite a store of experience from which I still draw whenever I am confronted with someone who is prone to **suicide**. p. 124.	Yang saya dapatkan di tempat itu merupakan pengalaman yang sangat berharga, dan selalu saya manfaatkan setiap kali saya berhadapan dengan seseorang yang punya kecenderungan untuk *bunuh diri*. p. 202.

The word **…suicide…** in the source text is translated into *...bunuh diri…* in the target text. From word, **…suicide…** into phrase *...bunuh diri…* There's a shift in unit of linguistics units from source text to target text. Thus, the strategy is called unit shift. Suicide means the act of intentionally taking one's own life according to dictionary.apa.org. In this translation, the word from the source text changes into phrases in the target text, it generally occurs to preserves the original meaning.

Data 2

Source Text	Target Text
Apathy was particularly increased among the feverish patients, so that they did not react at all unless they were shouted at. p. 64.	*Perasaan apati* pasien yang demam biasanya meningkat, sehingga mereka tidak bereaksi, kecuali jika diteriaki. p. 93.

The word **…apathy…** in the source text is translated into *...perasaan apati…* in the target text. From word, **…apathy…** into phrase *...perasaan apati…* There's a shift in unit of linguistics units from source text to target text. Thus, the strategy is called unit shift. In the source text the word apathy is translated as perasaan apati. Apathy means lack of motivation or goal-directed behaviour and indifference to one's surroundings according to dictionary.apa.org. In this translation, the word from the source text changes into phrases in the target text, it generally occurs to preserves the original meaning.

Data 3

Source Text	Target Text
How does **mood** influence performance in this task? To find out, they first made some of their subjects happy and others sad, by asking them to think for several minutes about happy or sad episodes in their lives. p. 74.	Bagaimana *suasana hati* memengaruhi prestasi dalam tugas itu? Untuk mencaritahu, mereka pertama-tama membuat beberapa subjek mereka bahagia dan yang lainnya sedih, dengan meminta para subjek memikirkan peristiwa bahagia atau sedih dalam kehidupan mereka selama beberapa menit. p. 66.

The word **…mood…** in the source text is translated into *...suasana hati…* in the target text. From word, **…mood…** into phrase *...suasana hati…* There's a shift in unit of linguistics rank from source text to target text. Thus, the strategy is called unit shift. Mood means any short-lived emotional state, usually of low intensity (e.g., a cheerful mood, an irritable mood) according to dictionary.apa.org. In this translation, the word from the source text changes into phrases in the target text, it generally occurs to preserves the original meaning.

Paraphrase
Data 1

Source Text	Target Text

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As a young doctor I spent four years in Austria's largest state hospital where I was in charge of the pavilion in which severely depressed patients were accommodated — most of them having been admitted after a **suicide attempt**. p. 124.	Ketika saya masih seorang dokter muda, saya pernah bekerja selama 4 tahun di sebuah rumah sakit terbesar di Austria dan mengepalai sebuah pavilion tempat pasien-pasien yang menderita depresi berat dirawat— hampir semua pasien berada di sana setelah mereka *mencoba bunuh diri*. p. 202.

The phrase **…suicide attempt...** in the source text is translated into *...mencoba bunuh diri…* in the target text. In the target text, the translator uses paraphrase strategy to describe the meaning using related words. According to dictionary.apa.org, suicide attempt means a deliberate but unsuccessful attempt to take one's own life. That phrase is used to define the action committed by someone who is trying to end their lives but failed. In this translation, the term is being rewritten in the target text to maintain the original meaning and to avoid unnatural translation.

Data 2

Source Text	Target Text
To understand what is going on whenever this technique is used, we take as a starting point a condition which is frequently observed in neurotic individuals, namely, **anticipatory anxiety.** p. 108.	Untuk terjadi setiap kali Teknik ini diterapkan, kami mengambil, sebagai titik awal, sebuah kondisi yang kerap teramati pada penderita neurosis, yaitu *"rasa cemas yang diantisipasi"* (anticipatory anxiety). p. 176.

The phrase **…anticipatory anxiety…** in the source text is translated into *...rasa cemas yang diantisipasi…* in the target text. The term is being rewritten in different forms to reduce the obscurity of the original terms. The translator uses paraphrase strategy to describe the related concept of anticipatory anxiety. According to dictionary.apa.org, anticipatory anxiety is a common feature of panic disorder, in which the concern is over the possibility of experiencing future panic attacks. In this translation, the term is being reformulated in the target text to maintain the original meaning and to avoid unnatural translation.

Data 3

Source Text	Target Text
Apathy was particularly increased among the feverish patients, so that they did not react at all unless they were shouted at. p. 64.	*Perasaan apati* pasien yang demam biasanya meningkat, sehingga mereka tidak bereaksi, kecuali jika diteriaki. p. 93.

The word **...apathy...** in the source text is translated into *...perasaan apati...* in the target text. In the target text, the translator uses paraphrasing strategy to adjust the concept into the readers' cultural understanding. According to dictionary.apa.org, apathy means lack of motivation or goal-directed behavior and indifference to one's surroundings. Apathy is commonly associated with severe depression or schizophrenia, but it also is a major behavioural symptom in Alzheimer's disease, Parkinson's disease, and other neurodegenerative disorders. To convey the same meaning, the term is paraphrased in the target text.

Data 4

Source Text	Target Text
The majority of prisoners suffered from a kind of **inferiority complex**. p. 62.	Sebagian besar tawanan menderita semacam *rasa rendah diri*. p. 89.

The phrase **…inferiority complex…** in the source text is translated into *...rasa rendah diri…* in the target text. In the target text, the term is being rewritten in different forms to reduce the obscurity of the original terms. The translator uses paraphrase strategy to simplify the complicated terms to make it more appropriate to the reader. According to dictionary.apa.org, inferiority complex is a basic feeling of inadequacy and insecurity, deriving from actual or imagined physical or psychological deficiency, that may result in behavioural expression

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ranging from the withdrawal of immobilizing timidity to the overcompensation of excessive competition and aggression. Due to the complexity of the concept, the term is being rewritten in the target text and preserves the original meaning of the term.

Cultural filtering adaptation

Data 1

Source Text	Target Text
At the death of her boy she was left alone with another, older son, who was crippled, suffering from the effects of **infantile paralysis**. p. 104.	Ketika anak laki-lakinya meninggal, sebenarnya dia masih memiliki seorang anak laki-laki lain yang lebih tua, yang lumpuh karena terserang *polio*. p. 168.

The phrase **…infantile paralysis…** in the source text is translated into *...polio…* in the target text. The phrase is adapted by replacing the words that fit into the target text. Thus, this strategy is called adaptation. Infantile paralysis means an inflammatory process due to viral infection. In minor cases, it is characterized by fever, headache, sore throat, and vomiting that typically disappear within 72 hours. In major cases, inflammation affects the gray matter of the spinal cord and may lead to muscular weakness and paralysis, which can affect the muscles controlled by autonomic nerves, as well as skeletal muscles, so that breathing, swallowing, or similar functions are disrupted. Cognitive problems may arise as a secondary result of breathing difficulties according to dictionary.apa.org. Regardless of the original concept from the source text, the translator adopted the terms by replacing the word with cultural equivalence and creating a new term in the target text as *polio*.

Data 2

Source Text	Target Text
Edith Weisskopf Joelson, before her death professor of psychology at the University of Georgia, contended, in her article on logotherapy, that "our current **mental-hygiene** philosophy stresses the idea that people ought to be happy, that unhappiness is a symptom of maladjustment. p. 102.	Edith Weisskopf Joelson, yang semasa hidupnya merupakan seorang guru besar psikologi di Universitas Georgia, dalam sebuah artikel yang ditulisnya tentang logoterapi mengatakan, "Filosofi *kesehatan mental* saat ini terlalu menekankan pada gagasan bahwa manusia harus bahagia; bahwa tidak Bahagia merupakan gejala penyimpangan. p. 164.

The word **…mental hygiene…** in the source text is translated into *...kesehatan mental…* in the target text. The word is adapted by replacing it with words that fit into the target text. Thus, this strategy is called adaptation. Mental hygiene means a general approach aimed at maintaining mental health and preventing mental disorder through such means as educational programs, promotion of a stable emotional and family life, prophylactic and early treatment services and public health measures according to dictionary.apa.org. Regardless of the original concept from the source text, the translator adopts the terms by replacing the word with cultural equivalence and creating a new term in the target text as *kesehatan mental*.

Data 3

Source Text	Target Text
Such widespread phenomena as depression, aggression and **addiction** are not understandable unless we recognize the existential vacuum underlying them. p. 97.	Mewabahnya fenomena berbentuk depresi, agresi, dan *kecanduan* akan sulit dipahami sebelum kita memahami kehampaan hidup yang mendasarinya. p. 155.

The word **…addiction…** in the source text is translated into *...kecanduan…* in the target text. The word is adapted by replacing it with words that fit into the target text. Thus, this strategy is called adaptation. Addiction means a state of psychological and/or physical dependence on the use of drugs or other substances, such as alcohol, or on activities or behaviors. The term is often used as an equivalent term for substance use disorder or substance

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dependence and can be applied to non-substance-related behavioral addictions, such as sex, exercise, and gambling. Regardless of the original concept from the source text, the translator adopts the terms by replacing the word with cultural equivalence and creating a new term in the target text as *kecanduan*.

Data 4

Source Text	Target Text
The **existential vacuum** is a widespread phenomenon of the twentieth century. p. 96.	*Kehampaan eksistensial* merupakan fenomena yang mewabah di abad ke-20 ini. p. 153.

The phrase **…existential vacuum…** in the source text is translated into *...kehampaan eksistensial…* in the target text. The phrase is adapted by replacing the words that fit into the target text. Thus, this strategy is called adaptation. According to dictionary.apa.org, existential vacuum means the inability to find or create meaning in life, leading to feelings of emptiness, alienation, futility, and aimlessness. Regardless of the original concept from the source text, the translator adopting the terms by replacing the word with cultural equivalence and creating a new term in the target text as *kehampaan eksistensial*.

Based on the analysis above, it reveals that translators often prioritize maintaining the original meaning of the psychological terms. Most of the data shows that each term is translated using calque and literal translation strategy. Calque strategy focuses only on changing each letter in the source text into the letter in target text. This strategy does not make any changes of meaning. It only adapted the original terms into words that matched in the target text. Meanwhile literal translation strategy focuses on transferring meaning into the closest equivalent in the target text. Literal translation is also known as 'word-for-word' translation that means all words are translated singly without considering its context.

Literal translation and calque may be appropriate strategies to translate psychological terms, both of strategies require no further change of the meaning of the original terms. It maintains the intact of the meaning from the source language. Then the other strategies such as loan strategy is borrowing the word from the source language into the target language, unit shift strategy is a change of linguistics unit in the target text, paraphrase strategy is rewriting the meaning in the target text and cultural filtering (adaptation) describes the way in which source text items, particularly culture-specific items, are translated as target text cultural or functional equivalents.

Specific terms like psychology can be too general or too specific and context dependent, translating the whole terms directly into the target language may cause confusion and unclear translation. Due to the difference in cultural background, linguistic system and social perspectives. Hence, the translator's selection of strategy determines the result of the translation.

Conclusion

This article attempts to identify the translation strategy applied in the target text by using Andrew Chesterman translation. This research shows the strategy of translation is demonstrated, and it shows that there are 6 strategies found in the target text, literal translation 7 data, loan 1 data, calque 11 data, unit shift 3 data, paraphrase 4 data, and cultural filtering (adaptation) 4 data. Calque is the most used strategy followed by literal translation. Calque is literal translation of a foreign word or phrase; it can be lexical or structural. It is focusing on changing the certain letter in the source text that adjusts into the target text letter. This is most likely to preserve the original meaning of the text due to the characteristic of psychological terms which are abstract and conceptual, therefore the translator used literal translation to minimize meaning reduction or shifting in meaning in the target text. In the other hand, cultural filtering (adaptation) is applied to match the concept of the source text to the cultural background in the target text. The text is adapted into the local cultural values to make it easier to understand, in the process it includes changing, modifying the meaning to be more appropriate for the target text reader.

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