

ENGLISH-LANGUAGE PSYCHOLOGICAL DISCOURSE: A TRANSLATION STUDIES PERSPECTIVE

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Summary

The article examines the peculiarities of translating English psychological terminology into Ukrainian and identifies the most effective translation methods used to ensure semantic accuracy and communicative adequacy. The relevance of the study is determined by the growing popularity of psychological literature and the need for a consistent rendering of specialized terminology in Ukrainian. The research aims to analyze the main translation techniques applied to English psychological terms and to determine their frequency and effectiveness. The corpus of the study comprised 128 terms selected from English-language professional psychology texts and their Ukrainian translations. The findings indicate that the most frequently employed techniques are variant equivalent selection (33%), calque translation (25%), and dictionary equivalents (21%). Less common methods include concretization, generalization, contextual substitution, semantic development, descriptive translation, part-of-speech substitution, and transcoding. The study demonstrates that the choice of translation method depends on a term's semantic characteristics, its degree of standardization in the target language, and its use context.

Key words: terms, calque, semantic equivalence, terminological standardization, contextual adaptation.

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1. Introduction

Although a significant number of scholarly works have been devoted to translating specialized terminology across various fields of knowledge, translating English-language psychological discourse into Ukrainian remains an under-explored area in Ukrainian translation studies (Zashchepa, 2013: 32; Marusyk, Bialyk, 2019: 59). The growing popularity of psychological literature, academic publications, and media content on psychological topics makes it necessary to examine the translation of the linguistic devices used in this type of discourse. Psychological terms and professional vocabulary require particular attention, as accurate translation is

essential to preserving the semantic precision and communicative effectiveness of the text. In this regard, research into the translation of English-language psychological discourse, particularly the methods of translating its terminology into Ukrainian, is highly relevant.

The theoretical bases of translating terminology and the functioning of terminological systems are examined in the works of A. Diakov, M. Zarytskyi, N. Ivanytska, V. Karaban, T. Kyiak, V. Nechyporenko, T. Panko, N. Tymoshchuk, E. Skorokhodko, and F. Tsytkina. The specific aspects of psychological terminology, including its structure, semantics, and functioning, are researched by V. Andriiivska, V. Bialyk, L. Veklynets, N. Mishchenko, O. Pashun, and other scholars.

Despite a considerable body of scholarly research, the translation of English-language psychological terminology into Ukrainian remains underexplored. In particular, issues related to selecting appropriate translation equivalents, applying translation transformations, and achieving semantic adequacy in rendering psychological terms require further investigation. This underscores the relevance and importance of studying the translation of English-language psychological discourse. Therefore, the present article focuses on the peculiarities of translating English-language psychological terminology into Ukrainian.

The research aims to analyze the English-language psychological discourse and to identify effective strategies for rendering psychological terminology into Ukrainian while preserving the semantic, pragmatic, and communicative characteristics of the source text.

The **object** of this study is English-language psychological terminology. The study examines the translation of English-language psychological terms into Ukrainian, with particular attention to the challenges posed by the multiplicity of translation equivalents, the lack of terminological standardization, cultural differences, and context-dependent meanings.

The **corpus of the study** comprised 128 terms collected from English-language professional psychology texts across various genres, together with their Ukrainian translations.

2. Challenges in Translating Psychological Terminology

A psychological term is a professionally defined concept represented in both verbal and written forms. It functions as a semantically coherent and functionally significant unit within the field of psychological terminology. It serves to designate psychological concepts, objects, phenomena, processes, and other domain-specific notions (*Zashchepa, 2013: 32*).

The translation of English-language psychological terminology into Ukrainian presents several challenges, including the handling of terminological borrowing and the adaptation of newly introduced lexical units to the existing terminological framework. The lack of standardized translation practices often leads to the coexistence of multiple terms for the same concept. Such variation in translation equivalents reflects a lack of terminological consistency and may impede the establishment of a unified scientific interpretation of the corresponding concept (*Skorokhodko, 2002*). According to researchers, the first step in avoiding terminological variation and the unwarranted expansion of synonymic series is to determine whether an established equivalent of the relevant term already exists in the target language. Where such an equivalent is already in use by the scientific community but has not yet been formally recorded in lexicographical sources, current psychological literature should be consulted. Analyzing contemporary scientific discourse enables the identification of the most common and established ways of expressing the relevant concept (*Riabchuk, Rozumna, 2021: 53*).

The issue of multiple equivalence can be illustrated by the translation of the term “*behavioral intervention*”. In Ukrainian, this term is often translated as “*поведінкове втручання*” or

“поведінкова інтервенція”. Both variants are widely used in psychological literature. Another translation option is “корекція поведінки”. This term is encountered as a contextual equivalent of the phrase “*intervention for challenging behavior*”, translated as “корекція відхилень у поведінці.” However, this translation has not gained widespread acceptance in psychological literature as an equivalent of “*behavioral intervention*”. This may be explained by the fact that the Ukrainian term “корекція поведінки” has a relatively broad meaning and may encompass any actions aimed at modifying behavior. In contrast, the English term “behavioral intervention” specifically emphasizes the application of a behavioral approach in therapy. The behaviorist orientation of the term “*behavioral intervention*” is effectively conveyed in Ukrainian through the translation “поведінкове втручання”; it reflects the conceptualization of this therapeutic approach as a system of interventions that involves the therapist's active participation in modifying a client's behavior (Riabchuk, Rozumna, 2021: 54).

Thus, when selecting a translation equivalent, it is important to prioritize precise, semantically transparent terms to avoid multiple equivalents in the target language.

3. Specifics of Translating English-Language Psychological Terminology

Translating psychological texts is a complex and multifaceted process due to the specific terminology used. This unique process requires an in-depth understanding of both linguistics and psychology, demanding that translators possess specialized knowledge and approach every term and concept with care. Successful translation of such texts hinges on terminological accuracy, consideration of cultural nuances, standardization of the translation, and adaptation to the context.

Psychological terms reflect complex concepts related to the human mind, emotions, behavior, and various mental processes. As psychology draws on knowledge from a variety of scientific fields, ranging from medicine to sociology, its terminology is highly diverse and specific.

Thus, psychological terminology is complex due to its polysemy, abstraction, and contextuality. To avoid misunderstandings and accurately convey scientific concepts across contexts, translators and researchers must consider cultural, scientific, and linguistic nuances.

Classifying psychological terms provides a clearer understanding of their origins, applications, and meanings in scientific discourse. For this study, an analysis was conducted on 128 terms from the Mental Processes thematic group. The study drew upon V. Karaban's concept because his classification of translation techniques and translator transformations accounts for all the functional-semantic features of professional language, particularly the multidirectional nature of popular psychology texts.

Calque is one of the most common methods of rendering psychological terms. It re-establishes the semantics and structure of the original word in the native language. Calque, as a method of translation, became a reason for numerous borrowings in intercultural communication when transliteration or transcription was unacceptable for aesthetic or notional reasons (Denysiuk, Samoilo, 2021: 107). The terminological phrase “*boundary experience*” was translated by calque as “межовий досвід”. The choice of this translation strategy can be attributed to the cross-cultural nature of the concept within the discourse of post-traumatic psychological processes, as well as to the transparency of the term's semantic structure, which facilitates its comprehension by the target audience. The multi-component term “*quasi-parasitical state of consciousness*” was rendered through calque translation as “квазіпаразитарний стан свідомості”. In this case, calquing preserves both the conceptual content and the

structural organization of the source-language term, thereby ensuring terminological accuracy and semantic equivalence.

According to research, many terms are translated using dictionary equivalents. For instance, the term *"tenacity"* is translated as *"зав'язаність"*, and the term *"sensory information"* is rendered by its conventional equivalent *"сенсорна інформація"*.

Contextual factors largely determine the translation of psychological terms through variant equivalents. For example, the term *internal visualization* was translated as *"внутрішня візуалізація"* in the context of neural connections, the multi-component term *"reduced startle threshold"* was rendered as *"низький пороговий рівень страху"*. The broader context of traumatic experiences and post-traumatic psychological processes guided the choice of this equivalent. These examples demonstrate that the selection of a variant equivalent primarily depends on the context in which a term is used, as context enables the translator to identify the most appropriate semantic realization of a polysemous terminological unit.

Concretization was used in the translation of the terms *"self"* as *"самість"* and *"uproar"* as *"снолох"*. One more example is the terminological phrase *"inner construction"*, translated as *"внутрішнє конструювання"*. These terms represent metaphorical conceptualizations within psychological discourse; therefore, their translation required narrowing their meaning to achieve a more accurate and equivalent representation of the source-text context. Consequently, specification is particularly effective when translating author-specific terms, neologisms, and metaphorically motivated terminological units, as it enables the translator to convey the intended conceptual meaning with greater precision.

The terminological phrase *"rejection of the child"* has been translated as *"відречення від дитини"*. In this case, the target-language equivalent conveys a broader and less specific meaning than the source term. The use of generalization in this example facilitates comprehension of the term in the target context and ensures adequate rendering of its conceptual content.

Part-of-speech substitution is a less frequently employed translation technique. For instance, the noun *"fixations"* has been rendered as the verb *"фіксуватися"*. Part-of-speech substitution is typically used to accommodate syntactic differences between the source and target languages and to ensure the naturalness and contextual appropriateness of the translated text.

Thus, the terms of the terminological group Mental Processes were translated using a wide range of translation transformations. The most frequently used technique was selecting a variant equivalent, which accounted for 33% of all translated terms. Calque translation accounted for 25%, while translation via a dictionary equivalent accounted for 21% of the analyzed cases. Concretization was applied in 9% of the translations, followed by generalization (4%) and contextual substitution (3%). Semantic development (modulation) accounted for 2% of the examples. The least common techniques were descriptive translation, part-of-speech substitution, and transcoding, each comprising 1% of the translated terms.

4. Conclusions

The study has shown that translating English-language psychological terminology into Ukrainian requires the application of various translation techniques to ensure semantic accuracy and communicative adequacy. The analysis of 128 terms from the thematic group Mental Processes revealed that the most frequently used methods were selecting a variant equivalent, calquing, and translating with dictionary equivalents.

The choice of a translation technique depends on the semantic characteristics of a term, its degree of conventionalization in the target language, and the context of its use. The findings

confirm that successful translation of psychological terminology requires a balance between terminological precision and contextual adaptation. Further research may focus on other thematic groups of psychological terms and their translation peculiarities.

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