

## An Investigation of the Effect of the Environmental and Cognitive Factors on Translation Process

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### ABSTRACT

This study intended to investigate the effect of music and sport on the mind of translators and accordingly the quality of translation. To this purpose, a questionnaire was given to 25 students of translation at Jahrom University. The subjects were asked about their daily routines of music and sports. In addition, in order to evaluate the subjects' translation competency, a translation task was given to them. The extent to which the subjects were involved in music and sports was operationalized based on the criteria advised by two experts in music and sports. Then two-way ANOVA was conducted to find whether sports and music had any impact on the translation quality. The results of the analyses showed that music and sports did not have any impact on translation quality.

## 1. INTRODUCTION

Music and sport have significant roles in different aspects of life such as culture, civilization, art and mind. Having significant effect on brain and mind, it is expected to have influence on translators and translation process, as well. Therefore, such activities as relaxation, yoga, meditation together with such therapies as art, music, or dance can be argued to have desirable effects in these areas.

## 2. IMPACT OF MUSIC AND SPORT ON TRANSLATION

Aristotle recognized music as one of the branches of mathematics (cited in Karageorghis, Jones, & Low, 2006). So, the features of music interact with the productive and musical talent and affect one's performance. Sport, as a fundamental activity in people's life, has both positive physical and mental effect as well. Studies have shown that mild level of music and regular physical activities such as training or specific kinds of sport are turning points for creativity (Karageorghis, Jones, & Stuart, 2008; McFerran, Garrido, & Saarikallio, 2016; Steinberg, Sykes, Moss, Lowery, LeBoutillier, & Dewey, 1997). In other words, when trying to process things we go to more creative ways. So, it can be assumed that music and sport have great impact on human mind when doing things that require creativity and processing, like translating. Regarding the effect of music or sport

on translation, Karimnia and Lari (2012) carried out a study to investigate the effect of background classical music of Mozart on the students' English-into-Persian translation quality. The findings of the study demonstrated that background music had no effect on the students' translation quality. Unfortunately, studies on the effect of music or sport on translation quality are scarce. This study is the first of its kind to examine the effect of the two factors of music and sport on translation quality.

## 3. OBJECTIVE OF THE STUDY AND RESEARCH QUESTIONS

This study intended to survey whether doing exercise or playing sports help translators to present a good and acceptable translation. In addition, the researchers attempted to investigate whether listening to a particular form and style of music or being proficient in music could help translators to improve the quality of their translations. Therefore, this study aimed to answer the following question:

1. Does music have impact on translator's translation quality?
2. Do playing sport and regular exercises lead to translations with higher qualities?

#### 4. THEORETICAL FRAMEWORK

There are five scientifically proven effects of music on human body (Overy, & Molnar-Szakacs, 2009). These effects include getting the quality sleep your body needs, easing chronic pains naturally, improving mood, lowering stress and boosting brainpower. Sport and exercise have benefits on body and mind as well, such as reducing stress, improving self-confidence, sharpen memory, etc. (Scully, Kremer, Meade, Graham, & Dudgeon, 1998). So by these two factors and their effects on human's mind, it can be concluded that they are necessary for each person in this world. According to Nord (1991) different external factors in translators' workplace can influence the quality of their translations. As a result, this study aims at exploring whether music and sports as two external factors, have any impact on the quality of a translator's translation.

#### 5. METHOD

The current study employed a mixed-methods approach. 25 senior and junior students of translation studies at Jahrom University, Iran, were selected and asked to translate a text. The subjects included 17 female and 8 male students of 21 to 24 years old. A translation assessment rubric, designed by the researchers, as well as a questionnaire, was used to evaluate the translations. Questions were asked about the subjects' involvement in music and sport. Thanks to special networks, the questionnaires were distributed and gathered via Gmail and applications such as Telegram and Instagram. Additional questions such as the subjects' affections, and the influence of music and sport on their lives were asked in the questionnaire. Interviews were also conducted with four experts in the fields of music, sport and translation.

#### 6. RESULTS AND DISCUSSION

The researchers interviewed four experts in the field of music, sport and translation to find out probable make connections between the three factors. According to

the interviews, the three experts believe that music, sport and translation have connections with each other. No difference being a musician or the listener, music affects the health of the brain and also the physiology of the human body. By listening to music both hemispheres of brain are involved like the time you study or exercise. As a result, by listening to music, both parts of the brain begin to work, and the amount of blood flow in the brain increases and much of the neurons starts to work. Also, with the release of the hormone dopamine, which is considered to be a hormone of tranquility and euphoria, the mind and body become relaxed and joyful. Translator before doing his translation job should have relaxation and peace of mind in order to be able to translate carefully. Even after a while that the translator may feel tired he can take a break by having different physical activities or listening to music and then again continue his translation job with more energy. (P. Nakhsheh, Personal interview, April 6, 2018). Consequently, with respect to the interviews, music and sport have positive effect on translator and translation process. According to Masaru and Imoto's theory of molecular dance of H<sub>2</sub>O molecule, praying good and bad words have positive and negative influence on the shape of the water molecules, respectively. Seventy percent of the planet is made up with water, 60 percent of human weight is created with water, seventy percent of humans come from water, and 90 percent of human lungs is formed with water. So these testimonials indicate that using music and exercise properly leads to the formation of the desired molecules of water in our body, and this optimal formation causes our brain to be creative, active and precise. Thus, the proper observance of these two items leads to favorable results in many mental activities, like translation (Sadeghi, Personal interview, April 7, 2018). The statistical analysis of the data, however, didn't support a significant correlation between sport, music and translation.

Dependent Variable:translation						
Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Model	3510.252 <sup>a</sup>	11	319.114	116.048	.000	.989
Sport	10.494	3	3.498	1.272	.322	.214
Music	10.240	3	3.413	1.241	.332	.210
sport * music	7.180	4	1.795	.653	.634	.157
Error	38.498	14	2.750			
Total	3548.750	25				
a. R Squared = .989 (Adjusted R Squared = .981)						

As Table 1 illustrates, the sig. value is more than 0.05, meaning that music and sport do not have enough impact on total translation score. With respect to the

effect of music and sport on translated text style, Table 2 shows that music and sport do not have enough impact on translated text style.

Table 2 Translated text style						
Dependent Variable:style						
Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Squared Eta
Model	222.946 <sup>a</sup>	11	20.268	134.055	.000	.991
Sport	.572	3	.191	1.261	.326	.213
Music	.288	3	.096	.635	.604	.120
sport * music	.267	4	.067	.442	.777	.112
Error	2.117	14	.151			
Total	225.062	25				
a. R Squared = .991 (Adjusted R Squared = .983)						

Furthermore, as the sig. values in Table 3 demonstrate, music and sport do not have enough impact on grasp of information, either.

Table 3 Grasp of information						
Dependent Variable:information						
Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Squared Eta
Model	248.438 <sup>a</sup>	11	22.585	67.455	.000	.981
Sport	.457	3	.152	.455	.718	.089
Music	1.678	3	.559	1.671	.219	.264
sport * music	.498	4	.124	.372	.825	.096
Error	4.688	14	.335			
Total	253.125	25				
a. R Squared = .981 (Adjusted R Squared = .967)						

Regarding the significant values in Tables 4 and 5, music and sport do not impact appropriate use of grammar and literary words.

Table 4 Appropriate use of grammar						
Dependent Variable:grammar						
Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Squared Eta
Model	212.125 <sup>a</sup>	11	19.284	67.494	.000	.981
Sport	.970	3	.323	1.131	.370	.195
Music	1.613	3	.538	1.882	.179	.287
sport * music	1.064	4	.266	.931	.474	.210
Error	4.000	14	.286			
Total	216.125	25				
a. R Squared = .981 (Adjusted R Squared = .967)						

Dependent Variable: words						
Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Model	192.794 <sup>a</sup>	11	17.527	105.254	.000	.988
Sport	1.222	3	.407	2.447	.107	.344
Music	.503	3	.168	1.007	.419	.178
sport * music	1.023	4	.256	1.535	.246	.305
Error	2.331	14	.167			
Total	195.125	25				
a. R Squared = .988 (Adjusted R Squared = .979)						

As the above tables show, in all of the five analyses the sig. value was greater than 0.05 indicating that sport and music do not have significant impact on the quality of translation. The results can have a number of causes. One might be the low number of participants. In other words, the analyses of the data, might yield different conclusions in case of larger data. One of the reasons for the ineffectiveness of the sport on translation process can be its non-dynamism, i.e. there is no regular and permanent arrangement in people's lives. This being non-dynamism of sport can have a continuous effect on the mind. However, according to the interviews with people specializing in music, sport and translation, these two factors have positive effects on the translator and the translation process which indicates future study to eliminate the defects of this research.

## 6. CONCLUSION

After collecting the data and information from different sources, no significant difference was observed between the quality of translations done by those engaged in sports and music and those did not. However, the results of the interviews suggested otherwise. Interviews with people specializing in translation, music and sport shows that these two factors i.e. music and sport, have a positive impact on the translator and the translation process. It can be argued that, based on the interviews, music and sport can influence the function of the brain and accordingly the translators' brain and how they translate. Statistical analyses of the data through SPSS didn't confirm a relationship between music and sport and the translator and translation process. But the results require a more complete study due to a series of limitations. On the other hand, by conducting interviews with people specializing in translation, music and sport, we concluded that these two factors i.e. music and sport, have a positive impact on the translators and the translation process.

The most fundamental issue that the researchers were dealing with was the lack of expert individual which the researchers could grasp the proper and related data about the subjects of the study simultaneously. This problem made the authors to spend a lot of time to find acceptable answers for their questions in order to inform others about the advantages or even disadvantages of music and sport on the translators and the process of translation. This is a wise decision to select a subject for the study that is going to be surveyed which has expert individuals to help researchers or try to use other ways for collecting data so that not being face with this kind of limitations that the authors faced in this study.

## ABOUT THE AUTHORS

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## APPENDICES

### A. Translation sample

#### *Belief*

A young man who had been raised as an atheist was training to be an Olympic diver. The only religious influence in his life came from his outspoken Christian friend. The young diver never really paid much attention to his friend's sermons, but he heard them often.

One night the diver went to the indoor pool at the college he attended. The lights were all off, but as the pool had big skylights and the moon was bright, there was plenty of light to practice by.

The young man climbed up to the highest diving board and as he turned his back to the pool on the edge of the board and extended his arms out, he saw his shadow on the wall. The shadow of his body was in the shape of a cross.

Instead of diving, he knelt down and asked God to come into his life. As the young man stood, a maintenance man walked in and turned the lights on. The pool had been drained for repairs.

### B. Questions

#### *Music and sport questions (Experts)*

1. Introduce yourself
2. Does music impact on the men's physical and mental health in the field of psychology?
3. How can music affect the mind of an individual?
4. Is the mind affected by listening music and doing some sports or not?

#### *Music and sport questions (Translators)*

1. How many hours do you consider for listening or playing music during a day?
2. How many hours do you consider for doing exercises or being professional in a specific field of sport?