Indonesian Mental Clause and Its Translation Directions in English

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***Abstract* --** Mental clause, as a grammatical realization used to express experience of our consciousness of the world, is commonly found in the text of meditation. This type of text is written to persuade people to act in a particular way as suggested by the speaker or writer. This research is aimed at exploring how the mental clause in Indonesian text is re-contextualized to convey the same meaning in English. The source language text is a text of meditation entitled *Butir-Butir Kebijaksanaan: Titian Hidup Sehat dengan Meditasi Bio-Energi Ratu Bagus* (Ida Pandita Mpu Nabe Parama Daksa Natha Ratu Bagus, 2012) and the target language text is its translation entitled *Pearls of Wisdom: The Path of a Healthy Life with Ratu Bagus Bio-Energy Meditation* (Stacey, 2014). Knowing that translation is re-contextualization (House, 2015) and using *Systemic Functional Linguistics* (Halliday & Matthiessen, 2014) and translation strategies (Malone, 1988) as the main theories, this study focuses on the directions of the translation of the mental clause from Indonesian into English and on the translation strategies leading to the directions. The research result shows that the mental clause of the Indonesian text can be rendered into various clause types, including mental clause and non-mental clause. It can also be rendered into a form of nominalization. The strategies which condition the directions include the strategies of equation, reordering, diffusion and condensation**.**

***Keywords*:** *mental clause, translation directions, re-contextualization, translation strategy*

1. Introduction

All languages have their own language systems and cultures, and they also have their own ways of realizing meaning represented by their grammatical structures. When two or more languages are involved in translation, this linguistic difference can result in structural shift (Akbari, 2012). The problem of how the source language (SL) meaning is transferred to the target language (TL) is a common phenomenon faced by translators. The language phenomena to which attention need to be paid vary. Markedness (Doosti, 2015), figure of speech (Dewi Yulianti et al., 2017), and text type (Vandepitte, 2008) are some of the phenomena. One of the text types related to culture is the text of meditation. This type of text is written to persuade the listeners or readers to act in a particular way as suggested by the speaker or writer.

This study deals with the translation of the meditation text from Indonesian into English. To persuade people, the Indonesian text of meditation partly uses mental clause to convey the message more gently. Referring to the fact that Indonesian and English have different language systems and cultures, the way in which the persuasive meaning in Indonesian is rendered into English is interesting to be explored. This present study focuses on investigating how the Indonesian mental clause is rendered into English. Based on the *Systemic Functional Linguistics* (SFL) (Halliday & Matthiessen, 2014), mental clause is concerned with transitivity structure. Transitivity refers to how the experience of the world is represented in the form of a clause whose components consist of process, participant and circumstance. Referring to this, the mental clause is one of the grammatical realizations, and this clause expresses the experience of our consciousness of the world using mental process. Since every language has its own way to realize meaning, it is also possible to re-contextualize the mental clause of the SL text in TL using different clause types (House, 2015: 2). This kind of linguistic adjustment is needed in translation and is intended to have the translation pragmatically equivalent (Wang, 2015). How the mental clause of SL is re-contextualized is also conditioned by the translation strategy applied. The interrelation between the clausal re-contextualization and translation strategy in the translation of the meditation text becomes the researcher's interest.

The studies on the text analysis using SFL as the main theory have been conducted by other researchers (Darani, 2014; Ezzina, 2015; Mehmood, et al, 2014; Nguyen, 2012). The studies on translation from the SFL perspective has been carried out by Sujatna (2016), and the studies on translation strategies have been conducted by Dian Susanthi et al.(2019), Huang 2015) and Amjad, 2013). However, none has investigated the mental clause in the translation of the meditation text from Indonesian into English; therefore, this present study needs to be conducted. Applying the translation theory proposed by House that translation is defined as re-contextualization (2015), SFL (Halliday & Matthiessen, 2014) and translation strategies (Malone, 1988), this study is intended to examine the translation directions of the Indonesian mental clause in English and the translation strategies leading to the directions.

2. Research Method

This research is a descriptive qualitative study on translation from Indonesian into English. The data were taken from a book on meditation entitled *Butir-Butir Kebijaksanaan:*

Titian Hidup Sehat dengan Meditasi Bio-Energi Ratu Bagus (Ida Pandita Mpu Nabe Parama Daksa Natha Ratu Bagus, 2012) as SL text and its translation entitled *Pearls of Wisdom: The Path of a Healthy Life with Ratu Bagus Bio-Energy Meditation* (Stacey, 2014) as TL text. This study was carried out through the following steps.

The clause types of the SL and TL texts were firstly identified applying the functional grammatical analysis. Based on the transitivity structure proposed by Halliday & Matthiessen (2014), the clauses were sorted to find out their components which include process, participant and circumstance. The clause type was determined based on the type of process used in the clauses. For instance, when the transitivity structure of the clause contained mental process, the clause was then identified to be a mental clause. This method is commonly used in the research in which the SFL approach is applied (Talebinezhad, 21012). The second step was that all the mental clauses found in the SL text were identified. The mental clauses in SL were compared to those in TL as their equivalents. All the TL clauses functioning as the equivalents of the SL mental clauses were inferred as the translation directions of the Indonesian mental clauses.

The last step was identifying the translation strategies which contributed to the translation directions of the SL mental clauses based on the translation strategies proposed by Malone (1988). The translation strategy could be identified from the changes in the TL process.

3. Result and Discussion

The Indonesian text of meditation is partly composed of the mental clause. To achieve the translation equivalence in English, this type of clause is rendered into various mental clauses and non-mental clauses. In some cases, the mental clause is also rendered into a form of nominalization. The translation directions of the mental clause are partly induced by the translation strategy applied.

3.1 Mental Clause Rendered into Mental Clause

The following table presents the possible translation directions of the Indonesian mental clause. The directions include those from and into the mental clause.

Table 3.1
Translation directions from and into the mental clause

No	SL Clause Type	TL Clause Type
A	Mental/operative	Mental/operative
B	Mental/receptive	Mental/receptive
C	Mental/receptive	Mental/operative
D	Mental/operative	Mental/receptive

A. Mental/operative Clause Rendered into Mental/operative Clause

(1) SL: *Dan **jika kita mengerti Ratu**, maka kita akan bisa tertawa. Tertawa artinya kita bahagia* (p. 111).

TL: And **if we understand Ratu**, we can laugh. Laughing means being happy (p.111).

(2) SL: *... tetapi biasanya, orang yang telah mantap di dalam Yoga, rokok bukan pilihannya, **sebab badannya secara otomatis tidak memerlukannya*** (p. 116).

TL: ... but usually people who are already immersed in Yoga choose not to smoke **because the body simply doesn't need it** (p.111).

Data (1) and (2) include the translation of the mental/operative clause into the mental/operative clause. To achieve the translation equivalence in TL, the source clause type is maintained the same in TL. The transitivity structures of the SL and TL texts of the translations above are as follows.

Translation (1):

SL	*jika*	*kita*	*mengerti*	*Ratu*
		Senser	Process: Mental/operative	Phenomenon

TL	if	we	understand	Ratu
		Senser	Process: Mental/operative	Phenomenon

Translation (2):

SL	*sebab*	*badannya*	*secara otomatis*	***tidak memerlukan***	*nya*
		Senser	Circumstance	Process: Mental/	Phenomenon

			operative	

	because	the body	simply	**doesn't need**	it
TL					
	Senser	Circumstance		Process: Mental/ operative	Phenomenon

Based on the analysis of the transitivity structures of the SL and TL texts, the two texts are semantically equivalent. They have the same transitivity structures realizing the same meaning. The equivalence is achieved by applying the strategy of equation in both translations. The source operative mental process represented by the verb '*mengerti*' in (1) and '*tidak memerlukan'* in (2) are directly rendered into the operative mental process in TL. In (1) the TL process is represented by 'understand' and (2) by 'doesn't need'.

B. Mental/receptive Clause Rendered into Mental/receptive Clause

(3) SL: *Kadang kala kita tidak mau menerima nasib kita yang sedang sial, padahal, kalau kita telusuri, **kesialan kita bukan disebabkan oleh orang lain**, ...*(p. 119).

TL: Sometimes we do not want to accept an unfortunate fate, but if we take a good look we find that **our misfortune was not caused by other people**, ... (p. 119).

In the translation above the mental/receptive clause is rendered into the mental/receptive clause, as can be examined from the transitivity structure of the SL and TL texts presented as follows.

Translation (3):

	kesialan kita	***bukan disebabkan***	*oleh orang lain*
SL	Phenomenon	Process: Mental/receptive	Senser

	our misfortune	**was not caused**	by other people
TL	Phenomenon	Process: Mental/receptive	Senser

Based on the analysis above, the translation strategy applied is the equation strategy. The mental process in the SL represented by the verb phrase '*tidak disebabkan'* is directly rendered into the same clause type with the verb phrase 'was not caused'. The TL text is equivalent to SL text

since the two texts have the same transitivity structure realizing the meaning of consciousness. The two texts are composed of the components *Senser, Process* and *Phenomenon*.

C. Mental/receptive Clause Rendered into Mental/operative Clause

(4) SL: *Di dalam hutan yang luas dan liar serta gelap, sinar dan kompas diperlukan untuk menunjukkan arah kemana kita harus menuju ...*(p. 46).

  TL: In this wide, wild, dark forest, we need Light and a compass to guide us in the right direction, ... (p. 46).

(5) SL: *Hal ini akan bisa dimengerti bagi mereka yang telah sensitif* (p.69).

  TL: Sensitive people can understand this (p. 69).

In the translation above the source clause type turns into the operative mental clause in TL. The clausal change can be identified from the difference in the process used, and can be investigated from the transitivity structure of the SL text and that of TL text, as follows.

Translation (4):

	Di dalam hutan yang luas dan liar serta gelap	*sinar dan kompas*	***diperlukan***	*untuk menunjukkan arah kemana kita harus menuju*
SL	Circumstance	Phenomenon	Process: Mental/ receptive	Circumstance

	In this wide, wild, dark forest	we	**need**	Light and a compass	to guide us in the right direction
TL	Circumstance	Senser	Process: Mental/ operative	Phenomenon	Circumstance

Translation (5):

SL	*Hal ini*	***akan bisa dimengerti***	*bagi mereka yang telah sensitif*
	Phenomenon	Process: Mental/receptive	Senser

TL	Sensitive people	**can understand**	this
	Senser	Process: Mental/operative	Phenomenon

The transitivity structure of the two texts shows that reordering strategy is applied to transfer the source meaning realized by the receptive mental clause. The process in the SL text is the mental/receptive one represented by the verb phrases '*diperlukan*' in (4) and '*akan bisa dimengerti*' in (5), and the process in the TL is the mental/operative one represented the verb 'need' in (4) and the verb phrase 'can understand' in (5). This causes the positions of the clause component to change. However, the TL text is equivalent to the SL text. The analysis and comparison of the transitivity structures of the two texts show that the SL and TL texts are composed of the same clause components and that they realize the same meaning.

D. Mental/operative Clause Rendered into Mental/receptive Clause

   (6) SL: *Hidup ini mesti rasional. **Segala sesuatu mesti kita pertimbangkan dengan cara-cara rasional*** (p. 127).

          TL: We have to be rational in this life. **Everything has to be considered in a rational way**(p. 127).

   (7) SL: *Mari kita tetap bersyukur. **Biarkan jiwa selalu membimbing kita*** (p. 105).

          TL: Let's always be grateful. **Let's always be guided by our Soul** (p. 104).

In the data above the mental /operative clause of SL text is rendered into the mental/receptive clause in the TL. The semantic meanings of the two texts can be examined from the transitivity structures of the SL and TL text as presented as follows.

Translation (6):

SL	*Segala sesuatu*	*mesti*	*kita*	***pertimbangkan***	*dengan cara-cara rasional*
	Phenomenon	Process:	Senser	Mental/operative	Circumstance

TL	Everything	**has to be considered**	in a rational way
	Phenomenon	Process: Mental/receptive	Circumstance

Translation (7):

SL	*Biarkan*	*jiwa*	***selalu membimbing***	*kita*
	Process:	Phenomenon	Mental/operative	Senser

TL	Let	's	always	**be guided**	by our Soul
	Process:	Senser	Circumstance	Mental/receptive	Circumstance

Data (6) and (7) also show the reordering strategy, causing the process type and position of the clause components to change. Although the mental /operative clause changes into the mental/receptive clause, the meanings conveyed by the two texts are maintained. The translation equivalence is elaborated in the analysis of transitivity structure of the SL and TL texts.

3.2 Mental Clause Rendered into Non-mental Clause

The translation of the meditation text from Indonesian into English also shows the change from the mental clause into non-mental clause. The linguistic re-contextualization found is presented in the following table.

Table 3.2
Translation directions from the mental clause into the non-mental clause

No	SL Clause Type	TL Clause Type
A	Mental/cognition	Relational/attributive
		Relational/attributive/possessive
		Existential
B	Mental/emotion	Relational/attributive
C	Mental/desideration	Relational/*attributive*

A. Mental Clause of Cognition Rendered into Non-mental Clause

(8) SL: *Kalau **kita** dalam masalah, **kemudian selalub erpikir negatif**, dengan latihan shaking ini, semua virus-virus negatif akan*

terbakar (p. 14).

TL: **If we** have a problem and **are in a negative frame of mind**, our Shaking will burn the virus of negativity (p. 14).

(9) SL: *Berpikir positif dan bersyukur merupakan yadnya dan **dengan yadnya ini kita mampu menyadari kebesaranTuhan**(p. 3).*

TL: With positive thinking and an attitude of gratitude, we make an offering to God, and **with this offering we become aware of the mightiness of God** (p. 3).

The two data above include the translation from the cognition mental clause into the attributive relational clause. The SL text shows the mental process of cognition represented by the verb '*berpikir*' in (8) and the verb phrase '*mampu menyadari*' in (9), and the TL text shows the attributive relational process represented by the verb 'are' in (8) and the verb 'become' in (9), as shown by the following transitivity structures of the SL and TL texts.

Translation(8):

SL	*Kalau*	*kita*	***selalu berpikir***		*negatif*
		Senser	Process: Mental/cognition		Circumstance

TL	If	we	**are**		in a negative frame of mind
		Carrier	Process: Relational/Attributive		Attribute

Translation (9):

SL	*dengan yadnya ini*	*kita*	***mampu menyadari***	*kebesaran Tuhan*
	Circumstance	Senser	Process: Mental/cognition	Phenomenon

TL	with this offering	we	**become**	aware	of the mightiness of God
	Circumstance	Carrier	Process: Relational/ Attributive	Attribute	Circumstance

The equivalence in the translations above is achieved by applying the diffusion strategy, causing the SL process to be rendered into a more expansive target text construction in TL. The SL process components represented by the verb '*berpikir*' in (8) and the verb phrase '*mampu menyadari*' in (9) are rendered into TL text constructions with two components; they are relational process and Attribute. In (8) the TL is represented by the relational process 'are' and Attribute 'in a negative frame of mind', and in (9) the TL is represented by the relational process 'become' and Attribute 'aware'. The target texts are made to be more static by this change.

The following translations include the mental clause of cognition rendered into the relational clause of attributive.

(10)　SL:　***Pikiran sangat mempengaruhi badan***. *Kalau pikiran bilang sakit, maka badan kita akan benar-benar sakit* (p. 126).

　　　TL:　**The mind has a strong influence on the body**. If the mind says 'I am ill', our body will really become ill (p. 127).

(11)　SL:　***Membersihkan lingkungan akan berdampak pada pembersihan bagi diri kita sendiri***. *Sebab, jika lingkungan kita bersih, maka pandangan kita juga akan bersih* (p. 130).

　　　TL:　***Cleaning our surroundings has an impact on our own cleanliness***. *If our surroundings are clean, our outlook will also be clear* (p. 131).

Data (10) and (11) above show the translation of the mental clause of cognition rendered into the relational clause of attributive/possessive. The translation direction of the source mental clause in the data can be explored from the transitivity structure of the texts.

Translation (10):

SL	*Pikiran*	*sangat mempengaruhi*	*badan*
	Senser	Process: Mental/cognition	Phenomenon

TL	The mind	**has**	a strong influence on the body
	Carrier	Process: Relational/Attributive/ Possessive	Attribute

Translation (11):

SL	*Membersihkan lingkungan*	*akan berdampak*	*pada pembersihan bagi diri kita sendiri*
	Phenomenon	Process: Mental/cognition	Senser

TL	Cleaning our surroundings	**has**	an impact on our own cleanliness
	Carrier	Process: Relational/Attributive/ Possessive	Attribute

From the change in the process shown in the translation above, the translation equivalence is achieved through the diffusion translation strategy. The SL meaning realized by the component of process is represented by the component of relational process and Attribute in TL. The construction of TL text is more expansive than that of SL text, causing the text target to become more metaphorical.

The following data shows the translation direction from the mental clause of cognition into the existential clause.

(12)   SL: *Jiwa kita adalah mutiara yang tiada tara. Ditutup lumpur atau apapun **dia tidak terpengaruh*** (p. 66).
   TL: Our Soul is a unique diamond. Even if it's covered in mud or whatever else, **it remains untarnished** (p. 66).

The change in the process of the translation direction of the source clause can be elaborated through the transitivity structures of the SL and TL texts as follows.

SL	*dia*	*tidak terpengaruh*	
	Phenomenon	Process: Mental/cognition	

TL	it	**remains**	untarnished
	Existent	Process: Existential	Circumstance

The change in the component of process in the translation above shows that the translation strategy applied in the translation is thediffusion strategy. The SL process represented by the verb phrase '*tidak terpengaruh'* is rendered into a more expansive construction represented by the process 'remains' and the circumstance 'untarnished'.

B. Mental Clause of Emotion Rendered into Relational Clause of Attributive

(13) SL: ***Ratu akan selalu membahagiakan kita semua.*** *Kecuali kita memasuki pikiran lain, kita tidak menemukan gelombangnya* (p. 23).

TL: **He will always make us happy** – except if we switch into another mindset; then we cannot catch the wave (p. 24).

The SL and TL texts above have the following transitivity structures.

Translation (13):

SL	*Ratu*	*akan selalu membahagiakan*	*kita semua*
	Phenomenon	Process: Mental/emotion	Senser

TL	He	**will always make**	us	happy
	Attributor	Process: Relational/Attributive	Carrier	Attribute

The analysis above shows that the mental clause of emotion is rendered into the relational clause of attributive in TL. This change also indicates that the diffusion strategy is applied to achieve the closest equivalent in TL. The component of process in SL represented by the verb phrase '*akan selalu membahagiakan'* is rendered into the construction made up of the component of process and the component of Attribute in TL represented by 'will always make happy'. The result is that the construction of the TL text is more expansive than that of the SL text.

C. Mental Clause of Desideration Rendered into Relational Clause of Attributive

(14) SL: *Disiplin sangat diperlukan untuk menemukan diri* (p. 117).
TL: Discipline is very necessary if we want to get to know ourselves (p. 118).

The transitivity structure of the SL and TL texts in the translation above is presented as follows.

Translation (14):

SL	*Disiplin*	*sangat diperlukan*	*untuk menemukan diri*
	Phenomenon	Process: Mental/desideration	Circumstance

TL	Discipline	**is**	very necessary	if we want to get to know ourselves
	Carrier	Process:	Attribute	Circumstance

Relational/ Attributive		

The structure shows that there is a change in the transitivity structure. The shift is from the mental clause of desideration into the relational clause of attribution. The mental process of the SL is represented by the verb phrase '*sangat diperlukan'* and the TL relational process is represented by the verb 'is'. The strategy applied to achieve the equivalence is the diffusion strategy. The two-component construction is used to convey the SL meaning '*sangat diperlukan'*. The components are the relational process 'is' and the attribute 'very necessary'.

3.3 Mental Clause Rendered into Nominalization

(15) SL: *Ketika **kita berpikir positif,** hal-hal baik akan datang menyucikan pikiran kita* (p.45).

TL: **With positive thinking** good tidings will start to cleanse our mind (p. 46).

The SL and TL texts in the translation above have the following transitivity structures.

Translation (15):

	Ketika	*kita*	*berpikir*	*positif*	*hal-hal baik akan datang menyucikan pikiran kita*
SL		Senser	Process: Mental	Circumstance	
		Clause			Clause

	With positive thinking	good tidings will start to cleanse our mind
TL	Circums	
	Clause	

The result of the analysis can prove that the SL clause used to realize the meaning of '*Ketika kita berpikir positif'* is rendered into a prepositional phrase represented by 'With positive thinking'. The translation strategy of condensation is applied to achieve the equivalence in TL. This strategy causes the mental clause to change into nominalization. The word 'thinking' in TL is not used as a verb; it is used to construe an entity. This change causes the TL text to become more metaphorical.

4. Novelty

The result of this research can show the directions of the translation of the mental clause used in the meditation text from Indonesian into English which can be used as a model when translating the mental clause from Indonesian into English as shown in the figure below. **Ind T** stands for the Indonesian text and **Eng T** stands for the English text.

MENTAL CLAUSE FROM INDONESIAN INTO ENGLISH

Ind T

Clause

Eng

Clause

Mental/operative	equation	Mental/operative
Mental/receptive	equation	Mental/receptive
Mental/receptive	reordering	Mental/operative
Mental/operative	reordering	Mental/receptive
Mental/cognition	diffusion	Relational/attributive
	diffusion	Relational/attributive/ possessive
	diffusion	Existential
Mental/emotion	diffusion	Relational/attributive
Mental/desideration	diffusion	Relational/attributive
Mental Clause	condensation	Nominalization

Strategy

5. Conclusion and Recommendation

5.1 Conclusion

The clause type chosen as the equivalent in the target text can be identified from the possible direction of the source clause type. The Indonesian mental clause has a number of directions in English.

5.2 Recommendation

This current study on translation directions of the mental clause only focuses on those found in the translation of the meditation text from Indonesian into English. Therefore, any research on the other text types needs to be carried out so that the general directions of the Indonesian mental clause can be formulated.

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6. Acknowledgments

Biography of Author

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