



PSYCHOLOGICAL FACTORS AND CHALLENGES IN SIMULTANEOUS INTERPRETING

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ABSTRACT

Simultaneous interpreting is a complex cognitive task that requires interpreters to listen, process, and translate speech in real-time. This article explores the psychological factors influencing simultaneous interpreting, including cognitive load, attention management, stress, and emotional resilience.

Simultaneous interpreting is an essential skill in global communication, utilized in conferences, diplomatic meetings, and international events. Unlike consecutive interpreting, where interpreters work after the speaker has finished, SI demands quick thinking and multitasking abilities. This rapid processing can lead to significant psychological challenges, impacting both the interpreter's performance and mental well-being.

The demands of these tasks can overwhelm an interpreter's cognitive resources, leading to increased errors and a decline in performance. Research shows that when cognitive load exceeds optimal levels, interpreters may experience fatigue and decreased accuracy (Gile, 2009).¹

Effective attention management is crucial in SI. Interpreters must focus on multiple stimuli simultaneously, often switching their attention between the speaker, the content, and their own output. This multitasking can lead to divided attention, where interpreters may miss critical information or fail to deliver accurate translations. Internal distractions, such as anxiety or self-doubt, can hinder focus. *Russian researcher Barabanov, E. Inotes that developing concentration techniques is essential for improving interpreter performance (Barabanov, E. I 2017).²In Uzbekistan, scholars like Rustamov, F. F advocate for the incorporation of mindfulness practices in training programs to help interpreters maintain attention under pressure (Rustamov, 2021).³*

¹ Gile, 2009

² Barabanov, 2017

³ Rustamov, 2021

External distractions, such as noise or movement in the environment, can further impair focus. Internally, interpreters may grapple with their thoughts or anxieties, which can detract from their ability to concentrate on the task at hand (Wadensjö, 1998).⁴

The high-stakes nature of simultaneous interpreting often results in elevated stress levels. Factors contributing to stress include:

Time Pressure. Interpreters must deliver translations almost instantaneously, leaving little room for error.

According to Russian academic Kuznetsov, I. A, chronic stress can result in burnout, adversely affecting interpreters' mental health and job satisfaction (Kuznetsov, 2019).⁵ Uzbek researcher Akhmedova, M. K. emphasizes the importance of emotional resilience training to help interpreters cope with stress effectively (Akhmedova, 2018).⁶

Interpreters frequently encounter emotionally charged content, which can impact their emotional state and cognitive functioning. The ability to manage one's emotions while remaining neutral is crucial. Emotional resilience—the capacity to adapt to stressful situations—plays a significant role in an interpreter's performance.

Successful interpreters often develop strategies for emotional detachment, allowing them to remain focused on the task without becoming overwhelmed by the emotional weight of the content (Liu, 2015).⁷ Training in emotional regulation can enhance interpreters' resilience, leading to improved performance under pressure.

Simultaneous interpreting is a demanding cognitive task that presents numerous psychological challenges. By understanding the factors influencing interpreters' performance, including cognitive load, attention management, stress, and emotional resilience, we can develop targeted training programs to enhance their skills and well-being. Continued research in this area is essential for improving the quality of interpretation services and supporting the mental health of interpreters.

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⁴ Wadensjö, 1998

⁵ Kuznetsov, , 2019

⁶ Akhmedova, 2018

⁷ Liu, 2015