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ANTONYMOUS TRANSLATION IN INTERPRETING

The article explores the application of antonymous translation (AT) in interpreting, emphasising its cognitive and pragmatic functions. It is determined that AT involves transforming negative or complex statements into positive, direct, and affirmative expressions, thereby enhancing clarity, reducing cognitive load, and improving pragmatic and stylistic effectiveness. It is emphasized that this technique facilitates faster processing for interpreters by minimising ambiguity and supporting emotional and stylistic adjustments aligned with the target culture. In simultaneous and consecutive interpreting the use if the technique aids note-taking, decoding, and maintaining a steady pace during communication. It is argued that AT is not merely a stylistic or lexical transformation but a deliberate cognitive-pragmatic mechanism that helps reduce mental effort, thereby increasing interpretative stability and quality, especially under resource constraints. In the study, AT is aligned with Gile's Theory of Effort and Cognitive Load Theory, highlighting its role in managing cognitive resources efficiently. Empirical research, including biometric methods, is suggested to further measure and validate the effectiveness of AT in real-world settings. Overall, the article underscores AT as a valuable pragmatic-cognitive tool that enhances interpretive accuracy, efficiency, and cultural adaptability, making it a significant technique in translation and interpretation.

The article also discusses how AT can be integrated into interpreter training programs to improve cognitive resilience and adaptability. It is highlighted that mastering AT can help interpreters handle emotionally charged or unclear content more effectively. It is suggested that future research should focus on cross-cultural differences in the application of AT, as cultural context significantly influences pragmatic adjustments. The article concludes by calling for broader dissemination of AT techniques within the professional community to enhance overall communication effectiveness across languages and cultures.

Key words: *simultaneous interpreting, consecutive interpreting, antonymic translation, antonymous translation (AT), cognitive load, Theory of Effort, linguapragmatics, framing.*

Statement of the problem. Interpreting, whether simultaneous or consecutive, is one of the most cognitively demanding types of speech activity. Its high efficiency depends directly on the interpreter's ability to quickly and accurately select optimal linguistic solutions under critically limited time and cognitive resources. In this dynamic context, transformational techniques deserve special attention, as they not only ensure linguistic equivalence but also serve as cognitive tools for optimising the translation process.

One such multifunctional technique is antonymous translation (AT), in particular its most common variety in spoken language, reversal statement (RS). Traditionally, AT has been considered a purely stylistic or lexical-grammatical technique. However, in the dynamics of oral translation, its function acquires a distinct linguistic-pragmatic and psycholinguistic significance. The use of AT allows the interpretor to save cognitive effort, consciously avoid cumbersome or ambiguous negative constructions, and, at the same time, ensure maximum clarity and naturalness of the message for the listener. It is this ability of AT to satisfy both the cognitive economy of the interpreter and the pragmatic requirement for the quality of the target text that justifies its study as a key mechanism in the context of the growing pace of multicultural communication.

The aim of the article is to conduct a comprehensive analysis of linguistic-pragmatic and cognitive functions of antonymic translation in simultaneous and consecutive interpreting and identify the spheres of application of reversal statement technique.

To achieve this goal, the following **tasks** have been set:

– to define the reversal statement technique as basic in antonymic translation;

– to analyse antonymic translation in the context of D. Gile's Theory of Effort;

– to define the cognitive reasons for using antonymic translation in interpreting, in particular its role in reducing the load on working memory and speeding up information processing;

– to outline the linguistic and pragmatic conditions for using antonymic translation and its impact on the perception, tone and communicative effectiveness of the target text;

– to conduct a comparative analysis of the functioning of antonimic translation techniques/ reversal statement technique in simultaneous and consecutive translation using specific examples.

The scientific novelty lies in the justification of the antonymous translation not only as a stylistic or grammatical transformation, but as a pragmatic-cognitive mechanism that is consciously used by the interpretor to ensure the stability and quality of interpretation in conditions of resource scarcity.

Analysis of recent studies and publications. The investigation of translation transformations and their connection to psychocognitive processes constitutes a major focus in modern translation studies. The fundamental principles of classifying transformations (such as lexical and grammatical substitutions) have been systematically adapted to the contemporary context by Ukrainian scholars, notably V. I. Karaban [3]. His monograph provides a detailed analysis of all transformation types required for achieving translation adequacy, considering both cognitive and linguopragmatic aspects. Foundational theories concerning the nature of translation and competence are further elaborated in the works of I. V. Korunets [4] and O. O. Selivanova [9].

The introduction of D. Gile's Effort Model [14] provided a critical tool for quantitatively assessing resource intensity, establishing the framework for understanding why interpreters choose economical transformations like the AT technique. Contemporary research directly supports the cognitive dimension of this choice: the phenomenon of interpreting as a cognitive process is explored by M. Shlesinger [17], while M. Liu, D. L. Schallert, and P. J. Carroll [15] empirically confirm the critical role of Working Memory in interpreter expertise. The psychological basis for why specific linguistic structures – such as negative constructs – increase the Intrinsic Load (L_I) is provided by J. Sweller's Cognitive Load

Theory [19]. This cognitive approach is further expanded by G. M. Shreve [18], who emphasizes the complex nature of cognitive processes inherent to the translation task itself. The need to mitigate resource depletion is paramount, especially considering external pressures: B. Dragsted [13] analyzed how certain tools (translation memory) affect cognitive load and quality, while M. P. Maksymchuk [5] specifically investigated the influence of stress on the functional state of the simultaneous interpreter, highlighting the vulnerability of cognitive resources under pressure.

From a pragmatic and strategic perspective, the use of AT is reinforced by several studies focusing on effort minimization and strategic competence. T. P. Andriienko [1] and O. A. Mykhailenko [6] focus on the cognitive factors and strategic competence that determine the optimal selection of translation strategies, a concept further underpinned by psycholinguistic studies [7; 2].The necessity of using transformations to manage the pragmatic effect is explored in the monograph by O. V. Rebrii [8], while A. Chesterman [12] examines general translation shifts and norms. Crucially, S. Neumann [16] investigated compensation strategies in simultaneous interpreting from a psycholinguistic approach, illustrating how interpreters employ specific techniques (like generalization or, implicitly, RS) to maintain flow when cognitive overload occurs.

Recent works, such as those by L. M. Chernovatyi and I. P. Lypko [10], B. Wang [20], and Y. Chen and L. Yan [11], reinforce the focus on effort minimization and strategic choice in professional simultaneous interpreting. Reversal statement is ond of the basic techniques of antonymic translation. Thus, this study combines modern concepts of cognitive, psycholinguistic, and pragmatic functions of transformations with established models of resource management to justify the conscious use of AT in dynamic oral interpretation.

Outline of the main material of the study. Antonymic translation (AT) is a lexical-grammatical transformation that consists in replacing a word or phrase in the source language (SL) with an antonymic word or phrase in the target language (TL) while simultaneously changing the logical structure of the sentence.

The reversal statement technique (RST) is the most common type of AT in interpreting. Its essence lies in the transformation of a negative construction (containing a negation) into a positive (affirmative) construction in the target language, or vice versa, necessarily using a lexical antonym (Table 1).

Table 1

Reversal Statement Mechanisms

Example (English ⇄ Ukrainian)	Transformation
SL: This proposal is **not useless**.	**TL:** Цей проєкт **зазнав невдачі** (провалу).
SL: We **cannot ignore** these findings.	**TL:** Ми **мусимо взяти до уваги** ці результати.
SL: Він **не був неуважним** до деталей	**TL:** He was **meticulous** about the details.
SL: The decision was **not unexpected**.	**TL:** Рішення було **цілком очікуваним**.

In the taxonomy of translation transformations, AT occupies an intermediate position between lexical and grammatical transformations, since it always requires simultaneous transformation at both levels: the lexical level (replacement of a word with an antonym) and the grammatical level (change of sentence type: negative ⇄ affirmative).

In the context of interpreting, transformations, including RST, cease to be merely a stylistic device and become a cognitive necessity. According to D. Gile's Effort Theory, simultaneous interpreting requires the distribution of limited cognitive resources (R_{total}) among four main components: Listening/Analysis, Production, Memory, and Coordination. Excessive load on any of these components leads to failures.

Daniel Gile's effort model

$R_{total} \geq E_{Listening} + E_{Production} + E_{Memory} + E_{Coordination}$, where:

R_{total} – total available cognitive resource

$E_{Listening}$ – Listening and Analysis Effort.

$E_{Production}$ – Speech Production Effort.

E_{Memory} – Memory Effort

$E_{Coordination}$ – Coordination Effort

In the scheme, R_{total} is usually represented as a general container or barrier that cannot be exceeded. The four components (E) are represented as flows or parts that consume this resource. When one of the components (e.g., $E_{Listening}$) requires more resource due to a complex accent or fast speech rate, this automatically reduces the resource available to other components (e.g., $E_{Production}$). The task of the RST is to reduce $E_{Production}$ and E_{Memory}. By reducing these efforts through a shift to simpler, affirmative logic (e.g., instead of is not dangerous to is safe), the interpretor frees up part of the R_{total} resource. This freed-up resource can be redirected to more critical tasks.

The use of RST is a strategy for reducing the load on two key components, namely:

– *Effort of Production* (E_P), when positive affirmative sentences are formulated as generally an automated and faster process than creating complex negative structures. This reduces the time required for the speech production stage.

– *Memory Effort* (E_M), when processing negative constructions (e.g., *It was not illogical*), working memory is forced to hold both the content (logical) and the negation operator (not), which is resource-intensive and increases Internal Load (L_I) according to Cognitive Load Theory. The transition to a simple statement (*It was logical*) frees up this resource, allowing the speaker to focus on the next segment of speech.

Thus, in the dynamics of simultaneous interpretation, RST is a conscious cognitive choice of the interpreter aimed at optimizing the use of limited resources and accelerating information processing, since psycholinguistic studies confirm that positive affirmative sentences are processed faster by the brain. This is vital for maintaining the necessary "lag" (décalage) in simultaneous interpreting (Table 2).

Table 2

RST Functions

Interpreting from / to	Source language (SL)	Target language (TL) with з RST	RST function analysis
EN → UK	Their absence from the debate **is not a sign of indifference**.	Їхня відсутність на дебатах **свідчить про щось інше** (або: **має іншу причину**).	Transformation: *not a sign of indifference* → **має іншу причину** (or: **свідчить про заклопотаність**). Transformation of negation into (*not X*) the direct statement (*is Y*) is faster and avoids cumbersome negative constructions in Ukrainian.
UK → EN	Ми **не повинні забувати** про загрози регіональній стабільності.	We **must be mindful of** the threats to regional stability.	Transformation: *не повинні забувати* → **must be mindful of**. This is a more idiomatic and powerful way to express commitment in English political discourse than a direct translation. (*We should not forget*).

In consecutive interpreting, RST plays a crucial role in the note-taking and decoding stages. Interpreters consciously use RST to simplify their notes, replacing cumbersome negation signs with a simple symbol for a positive concept. This minimizes the external load (L_E) associated with suboptimal note-taking and reduces the load on the working memory when reading the notes later. RST also helps to avoid mistakes when decoding complex negative constructions, which can be misinterpreted due to stress or the speaker's speed of speech.

The linguistic-pragmatic function of RST goes beyond simple equivalence and focuses on the impact of interpreting on the target audience and compliance with communicative norms.

Clarity and unambiguity function. The key pragmatic function of RST in oral communication is to ensure maximum clarity and unambiguity.

Negative constructions, especially double negatives (e.g., *We cannot ignore the fact that...*), may be perceived ambiguously by the audience or require additional time to decode, which violates the Principle of Maximum Informativeness in oral communication. For example:

SL: We should not dismiss this idea as utopian.

TL (RST): Ми повинні розглянути цю ідею як робочу.

RST replaces a potentially vague expression with a direct and active statement that instantly conveys the speaker's position and increases the effectiveness of perception.

Complex, cumbersome, or double negatives are common in official documents and speeches (usually to soften or add caution to the wording). This is where RST helps the translator instantly switch to a positive concept, freeing up working memory resources (Table 3).

Stylistic and emotional adaptation function. RST allows translators to pragmatically adjust the stylistic register and emotional tone of a message in accordance with the norms of the target culture.

In some languages, direct statements with antonyms may sound more idiomatic and natural. For example, in Ukrainian: *The results were not satisfactory.* ⇄ *Результати виявилися незадовільними* / *Результати потребують вдосконалення.*

RST is often used to "soften" criticism or give information a more positive framing, which is a common pragmatic strategy in diplomacy and business communication. For example:

*SL: The negotiations did **not achieve** a breakthrough.*

*TL (RST): Переговори **завершилися безрезультатно** (або: **потребують продовження**).*

This allows shifting the emotional emphasis from the process (denial) to the end result or further action, while maintaining a neutral or constructive tone.

Political speeches often require softening negative information (euphemization) or using language that focuses on future actions (positive framing). PFT allows the translator to achieve this pragmatic goal, which is critical to maintaining the tone of diplomatic discourse (Table 4).

In simultaneous interpreting, RST is a key tool for maintaining pace and preventing cognitive overload (Table 5).

In consecutive interpreting, RS plays a crucial role in the note-taking and decoding stages. Interpretors consciously use RST to simplify their notes, replacing cumbersome negation signs with a simple symbol of a positive concept. This minimizes LE associated with suboptimal note organization and reduces the load on EM when reading them later.

Table 3

Clarity Function of RST

Interpreting from / to	Source language (SL)	Target language (TL) with з RST	RST function analysis
EN → UK	We **cannot disregard** the fact that the current regulatory framework **is not sufficient** to address climate change risks.	Ми **мусимо взяти до уваги** той факт, що чинна нормативно-правова база **є недостатньою** (or: **залишається слабкою**) для протидії кліматичним ризикам.	Transformation: *cannot disregard* (не ігнорувати) → **must consider** (мусимо взяти до уваги). RST minimizes the processing of two negative elements (*cannot + disregard*), focusing immediately on the necessity of the action.
UK → EN	Україна **не може не вітати** рішення Комісії про надання макрофінансової допомоги.	Ukraine **welcomes** (or: **expresses satisfaction with**) the Commission's decision to provide macro-financial assistance.	Transformation: *не може не вітати* → **welcomes**. Replacing a double negative with a direct, strong affirmative statement. This saves time needed to formulate a complex English construction (*cannot not welcome*).

Table 4

Stylistic and Emotional Adaptation function of RST

Interpreting from / to	Source language (SL)	Target language (TL) with з RST	RST function analysis
EN → UK	The measures taken in the previous term **were not entirely successful** in reducing bureaucracy.	Заходи, вжиті протягом попереднього терміну, **виявилися частково неефективними** (або: **вимагають подальшого вдосконалення**).	Transformation: *not entirely successful* → **вимагають вдосконалення**. This is euphemistic RST. The translator replaces the statement of failure with a statement of the need for action, which sounds more constructive in pragmatic terms.
UK → EN	Деякі країни-члени **не досягли цілей** щодо скорочення викидів вуглецю.	Some Member States **still fall short of** (або: **have failed to achieve**) their carbon emission reduction targets. (Direct) → **Some Member States have yet to meet** their carbon emission reduction targets. (RST)	Transformation: *не досягли* → **have yet to meet** (ще мають досягнути). The translator shifts the focus from past failure (negative) to future responsibility (constructive), which is consistent with the diplomatic tone.

Table 5

Functions of RST in Simultaneous Interpreting

Interpreting from / to	SL – Negative construction	TL – RST transformation	Note
EN → UK	*It is **not impossible** to find a solution.*	*Цілком **можливо** знайти рішення.*	Saving EP effort, avoiding double negation.
UK → EN	*Ця норма **не має переваг** над іншими.*	*This regulation is **subordinate** to others.*	Replacement with a direct antonym (subordinate/inferior) for speed.
EN → UK	*The speaker was **not ready** for the question.*	*Оратор **був неготовий** до запитання.*	Although Ukrainian retains the negative, the transition to a nominal antonym (not ready) is a faster, more familiar pattern than long verbal constructions.

Conclusions. The study systematizes theoretical foundations and analyzes the linguistic-pragmatic and cognitive functions of the reversal statement technique (RST) in the context of dynamic interpreting. It has been established that RST is not only a lexical-grammatical transformation, but also a pragmatic-cognitive mechanism, a critically important tool for the translator in the context of D. Gile's Theory of Effort.

RST allows one to consciously minimize production effort (E_P) and memory effort (E_M). From the point of view of Cognitive Load Theory, RST effectively reduces the internal load (L_I) that arises when processing complex negative constructions. Replacing a negation with an affirmation with an antonym speeds up the process of information processing in working memory, helping the translator avoid the pitfalls of negation and maintain the necessary pace of work.

On a pragmatic level, RST performs the function of maximum clarity and stylistic adaptation, ensuring the unambiguity of the target message, which is a priority in oral communication. In addition, it allows the interpreter to consciously adjust the emotional or stylistic frame of the message, making it more idiomatic or positively oriented for the target audience. The technique is equally valuable in both simultaneous and consecutive interpretation.

Prospects for further research open the way for empirical studies, namely studies using biometric indicators (e.g., oculography or EEG) to objectively measure the reduction in cognitive load (L_I and E_M) when using RST compared to direct translation of negative constructions. It is also advisable to study the frequency and effectiveness of RST in corpora of oral translation activity by interpretors with different levels of experience in order to develop didactic training schemes.

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Чарікова І. В., Галапчук-Тарнавська О. М., Міщук І. М. ПРИЙОМ АНТОНІМІЧНОГО ПЕРЕКЛАДУ В УСНОМУ ПЕРЕКЛАДІ

У статті досліджено застосування прийому антонімічного перекладу (ПАП) в усному перекладі з акцентом на його когнітивних і прагматичних функціях. Визначено, що ПАП полягає у перетворенні негативних або складних висловлювань у позитивні, прямі та ствердні, що сприяє підвищенню ясності, зменшенню когнітивного навантаження та покращенню прагматичної й стилістичної ефективності. Наголошується, що цей прийом допомагає швидше обробляти інформацію, мінімізуючи двозначність і підтримуючи емоційні та стилістичні коригування відповідно до культури цільового мовлення. У синхронному і послідовному перекладі застосування прийому сприяє веденню нотаток, декодуванню та підтримці стабільного темпу під час комунікації. Стверджується, що ПАП є не лише стилістичною або лексико-граматичною трансформацією, а свідомим когнітивно-прагматичним механізмом, який допомагає зменшити ментальні зусилля, підвищуючи стабільність і якість перекладу, особливо за умов обмежених ресурсів. У дослідженні ПАП співвідноситься із Теорією зусиль Жиля та моделлю когнітивного навантаження, підкреслюючи її роль у ефективному управлінні когнітивними ресурсами. Запропоновано проведення емпіричних досліджень із використанням біометричних методів для

подальшого вимірювання та підтвердження ефективності ПАП у реальних умовах. Загалом, у статті наголошується на важливості та ефективності ПАП як прагматично-когнітивного інструменту, що підвищує точність, ефективність і культурну адаптивність перекладу, роблячи її важливою технікою у сфері перекладу та усного мовлення.

У дослідженні також наголошується на можливісті інтеграції ПАП у програми підготовки перекладачів для підвищення когнітивної стійкості та адаптивності, адже оволодіння ПАП може допомогти перекладачам більш ефективно справлятися з емоційно напруженим або двозначним контентом. Перспективою запропонованого дослідження можуть бути міжкультурні відмінності у застосуванні ПАП, оскільки культурний контекст суттєво впливає на прагматичні коригування.

Ключові слова: *синхронний переклад, послідовний переклад, антонімічний переклад, прийом зворотного твердження (ПЗТ), когнітивне навантаження, теорія зусиль, лінгвопрагматика, фреймування.*