

**ENGLISH-INDONESIAN TRANSLATION METHODS AND
DEGREE OF EQUIVALENCE OF THE *ATOMIC HABITS* BOOK
BY JAMES CLEAR**

THESIS

Presented to
State Islamic University of Syekh Wasil Kediri
In Partial Fulfillment of the Requirements
For the Degree of *Sarjana* in English Language Education



BY:
ALMIRA TALITHA RAHMA
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**DEPARTMENT OF ENGLISH EDUCATION
FACULTY OF TARBIYAH AND TEACHER TRAINING
STATE ISLAMIC UNIVERSITY SYEKH WASIL KEDIRI**

2026

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I certify that this thesis is entirely my original work. All references and sources consulted in the preparation of this research have been appropriately acknowledged and cited. I am fully aware that plagiarism constitutes a serious violation of academic integrity, and I therefore take complete responsibility for the authenticity of this work.

This thesis is submitted in partial fulfillment of the requirements for obtaining the Sarjana (S1) degree in the English Education Department at the State Islamic University of Syekh Wasil Kediri.

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EQUIVALENCE OF THE *ATOMIC HABITS* BOOK BY JAMES CLEAR**

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Assalamu'alaikum Wr. Wb.

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METHODS AND DEGREE OF EQUIVALENCE
OF THE *ATOMIC HABITS* BOOK BY JAMES
CLEAR

Setelah diperbaiki materi dan susunannya, kami berpendapat bahwa skripsinya telah memenuhi syarat sebagai kelengkapan ujian akhir Sarjana Strata Satu (S-1). Bersama ini terlampir satu berkas naskah skripsinya, dengan harapan dalam waktu yang telah ditentukan dapat disajikan dalam Sidang Munaqosah.

Demikian agar maklum dan atas kesediaan Bapak kami ucapkan banyak terimakasih.

Wassalamu'alaikum Wr. Wb.

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MOTTO

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾ إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

“So, verily, with every difficulty, there is relief.

Verily, with every difficulty there is relief.”

(Q.S Al-Inshirah: 5-6)

DEDICATION

With a heart full of gratitude, I thank Allah SWT for guiding me through every step and helping me finish everything I needed to get to this point in life. Peace and blessings be upon Prophet Muhammad ﷺ, who has guided and brought us from the darkness to the brightness. I would like to dedicate this thesis to:

1. My inspiring mom, who never gets tired of praying for me, no matter where I am. She's the one who taught me what it really means to be grateful, patient, and to love sincerely. I'm truly proud to be her child. Thank you for being the most amazing mother I could ever ask for.
2. My hard-working dad, who quietly supports me from behind without ever complaining. He always tries to do his best for our family. And from him I learned that love isn't only about words, it's about real actions. Thank you for being such an incredible father.
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4. My adorable nieces, Jasmine and Aulia, who always give me that extra motivation to be a successful and rich aunt someday (so that I can spoil them with lots of snacks and toys).
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10. My excellent coworkers at Jawani: Rosa, Fikka, and Widia, who have always been there for me throughout this challenging process. Their support and constant happy-go-lucky vibes truly made a difference. Even though I have only known them for a few months, I already feel a strong sense of closeness with them, almost like a family.
11. My future husband, whom I have not met yet. Wherever you are, I hope we can meet at the right time, when everything falls into place.
12. And lastly, to myself. Thank you for not giving up, for staying strong, and for believing in yourself. Good job, you have come a long way to be here. Keep moving forward, not until you are done, but until you are proud.

In the end, I would also like to thank everyone who has been part of my journey. Thank you for your prayers, support, and kindness, even the ones I may or may not have noticed. May Allah SWT. always bless and ease our paths.

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1. Dr. H. Wahidul Anam, M.Ag., as the Rector of State Islamic University (UIN) Syekh Wasil Kediri.
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4. Bahrudin, M.Pd., as the First Advisor
5. Dr. Dewi Nur Suci, M.Pd., as the Second Advisor
6. Iwan Kurniarahman, M.Pd., as my Academic Advisor
7. All lecturers of State Islamic University (UIN) Syekh Wasil Kediri, especially English Education Department lecturers

The researcher is fully aware that this thesis is far from perfect. Therefore, the researcher expected constructive suggestions and comments from readers and future researchers who may be interested in this study.

Kediri, 5 May 2026
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ABSTRACT

Rahma, Almira Talitha. (2026) *English-Indonesian Translation Methods and Degree of Equivalence of The Atomic Habits Book by James Clear*. Department of English Language Education, Faculty of Tarbiyah and Teacher Training, State Islamic University (UIN) Syekh Wasil Kediri. Advisors: (I) Bahrudin, M. Pd. and (II) Dr. Dewi Nur Suci, M.Pd.

Keywords: *degree of equivalence, translation methods, self-help translation*

Translation serves an essential function in conveying meaning across languages while at the same time negotiating cultural and linguistic differences. This role becomes particularly significant in popular genres such as self-help literature, where clarity and reader engagement are central. In this context, the present research examines the English–Indonesian translation of *Atomic Habits* by James Clear, a widely recognized self-help book known for its use of metaphors, neologisms, and motivational expressions. The research aims to identify the translation methods employed and to analyze how far equivalence is maintained between the source text and the target text.

This research adopted a descriptive qualitative approach by using a content analysis method. A total of 85 translation units, consisting of words, phrases, clauses, and sentences, were purposively selected from the Introduction and Chapter 1. The analysis drew on Newmark’s (1988) classification of translation methods and Bell’s (1991) framework of equivalence. In conducting the analysis, the researcher functioned as the main instrument, supported by classification tables and scoring guidelines to ensure a systematic identification of translation methods and evaluation of equivalence levels.

The findings revealed that six types of translation methods were identified in the data, with Communicative Translation dominating at 73% of the total units. In terms of equivalence, four out of five categories appeared in the data. Partly Equivalent with Increased Meaning was the most prevalent at 33%. These patterns suggest that the translator consistently emphasized readability and naturalness, which often led to shifts in meaning through simplification or addition. Despite these variations, the essential message of the source text was generally maintained to ensure clarity and accessibility for Indonesian readers.

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