

CHAPTER V

CONCLUSION AND SUGGESTIONS

Referring back to the results and discussion presented in previous chapter, the chapter 5 summarizes the key findings of the study. It focuses on providing an overview of the responses to the two research objectives, especially those concerning the translation methods used and the degree of equivalence found in Atomic Habits' Indonesian translation. This chapter offers a number of recommendations for upcoming scholars, qualified translators, and students involved in translation studies in addition to the conclusion.

A. Conclusion

This study focuses on analyzing two key elements of James Clear's Atomic Habits in Indonesian, as translated by Alex Tri Kantjono Widodo. The first part uses Newmark's (1988) framework to assess the translator's translation techniques. The second component uses Bell's (1991) methodology to measure the degree of equivalency between the source and target texts. The analysis uses 85 chosen translation units, which include words, phrases, clauses, and sentences from both the original English text and its Indonesian translation in order to achieve these goals.

Regarding the first research question, the results show that the data includes six of the eight translation techniques suggested by Newmark (1988). With 73% of the total data (62 units), communicative translation was found to be the most commonly used technique. Then, regarding the second study question, the findings indicate that the most prevalent group is Partly Equivalent with Increased Meaning

(PE+), which accounts for 28 translation units or 33% of the data. Non-Equivalent with No Meaning (NE-NM) did not apply to any data.

In conclusion, it can be said that the Indonesian translation of *Atomic Habits* does a good job of making the book comprehensible, engaging, and persuasive for Indonesian readers. The translator's frequent use of communicative translation, in addition to a number of other techniques, shows a reader-focused approach that fits the persuasive and educational qualities of self-help literature. The prevalence of PE- and the existence of NE-DM demonstrate that, despite its efficacy, this also leads to some semantic and stylistic reductions. Therefore, the researcher recommended that translators working on similar writings strike a balance between accuracy and readability, particularly when interpreting key concepts and emotionally charged passages.

B. Suggestions

From the conclusions above, the researcher offers several suggestions as follows:

1. To the students of translation studies, it is important to learn grammar, parts of speech, colloquial phrases, and translation norms in both the source and target languages. With this knowledge, they are able to translate texts in a way that not only accurately conveys the original message but also maintains the style and emotional effect of the original text, making the text as near to the original readers' experience as possible for Indonesian readers.
2. For future researchers, there are a number of possibilities for further investigation. For example, by examining additional chapters from *Atomic*

Habits or other self-help books, conducting reader response studies to gauge how Indonesian readers view the translation, contrasting the Indonesian version with translations in other languages, or interviewing the translators to learn about their decision-making procedures. Thus, researchers could broaden the scope of the data.

3. To the translators of self-help books, it is recommended to be more knowledgeable about the translation process and genre-specific guidelines to improve the quality of the translation. Because they have a significant influence on how the target audience responds to the information, translators can choose whether to focus on naturalness in the target language or fidelity to the source language.
4. To publishers and editors of translated self-help books, it is advised to provide clear, genre-specific standards. Furthermore, a small-scale reader test carried out prior to official publication can assist in determining whether the translation effectively engages the target audience while maintaining the original work's inspirational impact.