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**ORCID:** 0000-0002-5758-8373**TRANSLATION PECULIARITIES  
OF PSYCHOLOGICAL TERMINOLOGY**

*The article focuses on the translation peculiarities of terminological units in the field of psychology, which is an important element of modern English-language scientific discourse. Psychological terminology not only enriches the vocabulary of the English and Ukrainian languages, but also ensures the accuracy and unambiguity of communication in scientific circles. Technological advances emphasise the importance of accurate translation in psychology. The emergence of digital platforms, online therapy, and virtual learning environments has increased the need for standardised terminology to facilitate communication and collaboration across language boundaries. Ukrainian-speaking users of psychological applications, tools and resources developed in English often rely on translated interfaces and content. The ever-evolving psychological terminology poses new challenges for translators, particularly in the process of adapting terms, which is often complicated by cultural and semantic nuances. Errors or inconsistencies in translation can cause distrust among users and hinder the effectiveness of these technologies, which underscores the need for careful translation practices.*

*Ukrainian and foreign researchers highlight the key features of psychological terminology, emphasising that the specificity of terms as a separate lexical class lies in their creation in the course of scientific and production activities, where they function mainly among those who are familiar with the relevant scientific and production realities.*

*However, at present, there is an active transition of scientific psychological terms into the general lexicon. Today, the state of psychology as a separate science is characterised not only by its rapid development and growing interest of specialists, but also by its active integration with various fields of activity. The combination with other sciences contributes to the formation and enrichment of universal psychological terminology, and most of the psychological lexical units come from related fields. Thus, at the present stage, the psychological macro-terminology system is one of the most developed and extensive terminological systems in English and Ukrainian.*

**Key words:** terminology, specifics of translation, equivalence of translation, psychology terms.

**Аеліта Лебедєва, Наталя Ковальська. ОСОБЛИВОСТІ ПЕРЕКЛАДУ ПСИХОЛОГІЧНОЇ  
ТЕРМІНОЛОГІЇ**

*Статтю присвячено особливостям перекладу термінологічних одиниць сфери психології, яка виступає вагомим елементом сучасного англomовного наукового дискурсу. Психологічна термінологія не лише збагачує лексичний запас англійської й української мов, а й забезпечує точність і однозначність комунікації в наукових колах. Технологічний прогрес підкреслює важливість точного перекладу в психології. Поява цифрових платформ, онлайн-терапії та віртуальних навчальних середовищ збільшує потребу в стандартизованій термінології для полегшення комунікації й співпраці через мовні кордони. Україномовні користувачі психологічних додатків, інструментів і ресурсів, розроблених англійською мовою, часто покладаються на перекладені інтерфейси та контент. Психологічна термінологія, яка постійно еволюціонує, висуває нові виклики для перекладачів, зокрема в процесі адаптації термінів, що часто ускладнюється культурними й семантичними нюансами. Помилки або невідповідності в перекладі можуть викликати недовіру користувачів і перешкодити ефективності цих технологій, що підкреслює необхідність ретельних перекладацьких практик.*

*Українські та зарубіжні дослідники виділяють ключові особливості психологічної термінології, підкреслюючи, що специфіка термінів як окремого лексичного класу полягає у створенні їх під час наукової та виробничої діяльності, де вони функціонують переважно серед тих, хто знайомий із відповідними науковими і виробничими реаліями. Проте, у даний час спостерігається активний перехід наукових психологічних термінів у загальну лексику.*

*На сьогодні стан психології як окремої науки характеризується не лише її стрімким розвитком та зростаючим інтересом фахівців, але й активною інтеграцією з різними сферами діяльності. Поєднання з іншими науками сприяє формуванню та збагаченню універсальної психологічної термінології, більшість лексики якої походить із суміжних областей. Так, на сучасному етапі психологічна макротерміносистема є однією з найбільш розвинених і об'ємних термінологічних систем в англійській та українській мовах.*

**Ключові слова:** термінологія, специфіка перекладу, еквівалентність перекладу, терміни психології.

**Problem statement.** The constantly evolving psychological terminology poses new challenges for translators, in particular in the process of adapting terms, which can be complicated by cultural and semantic nuances. Errors or inconsistencies in translation can cause distrust among users and impede the effectiveness of these technologies, which makes the research topic relevant.

**Research publications.** Researchers both in Ukraine and abroad highlight the key features of psychological terminology, emphasising that the specificity of terms as a separate lexical class lies in their creation in the course of scientific and production activities. Terminological units function mainly among those who are familiar with the relevant scientific and industrial realities. However, recently there has been an active transition of scientific psychological terms into the general vocabulary. Theoretical and practical scientific research on psychological terminology in the context of English-Ukrainian translation is presented in the works of such Ukrainian and foreign linguists as R. Statsiuk, T. Kiiak, O. Selivanova, V. Karaban, I. Kvitko, M.-T. Cabret Castelvi, H. Felber, A. Adelstein, P. Brown and others.

**The purpose of the article.** The purpose of the article is to study the translation specifics of modern psychology terms into English and Ukrainian.

**The main material.** To date, the state of psychology as a separate science is characterised not only by its rapid development and growing interest of specialists, but also by its active integration with various fields of activity. Moreover, the combination with such sciences as philosophy, sociology, medicine, etc. contributes to the formation and enrichment of universal psychological terminology. Most of the vocabulary in modern psychological dictionaries comes from related fields. It is also worth noting the insufficient study of the psychological macro-terminology system, despite the fact that it is one of the most developed and extensive terminological systems.

It should be noted that psychological terms are considered to be cognitive constructs that affect the way people perceive and interpret their mental states and the states of other people. This cognitive aspect is closely related to the cultural variation in psychological terminology. Different languages and cultures have unique ways of conceptualising and naming psychological phenomena that reflect different worldviews and value systems. At the same time, it should be borne in mind that a psychological term is defined as a fixed concept in oral and written forms, which is a semantically integral and functionally significant element of the lexical system of a language

within the psychological terminology. They are used to denote psychological concepts, objects, subjects and phenomena [1, p. 32].

Translation, in general, is a complex process that requires a multicomponent approach. The complexity of translation activity lies in the fact that a translator must not only have high professional translation skills and knowledge of the languages he or she works with, but also have a sufficient level of professional knowledge in the relevant field in which the text is translated. Particular difficulties arise when working with highly specialised texts, which usually require much more attention and effort.

T. Kiyak notes that the main requirements for a high-quality sectoral translation are that the text should accurately reflect the content of the original, contain generally accepted terminology in the target language and meet the standards of scientific and technical literature for which the translation is performed [3, p. 45].

V. Karaban, analysing the lexical difficulties of scientific and technical translation, points out that translators face the following difficulties: the ambiguity of words (terms) and the choice of an adequate dictionary equivalent or translation option; the specificity of the use of commonly used vocabulary in professional texts; determining the necessary lexical transformations in translation; translation of neologisms, abbreviations, internationalisms and false friends of the translator [2, p. 316].

The main difficulties of translation are caused not only by the translation of individual terms in the glossary, but also by the transmission of the correct meaning of each phrase, which is not always possible to achieve through literal translation. This requires a certain knowledge of the topic in question. It should be noted that a prerequisite for a high-quality translation, i.e. choosing the right word from among the options that convey the original terms in different meanings, is an adequate understanding of the context, which includes knowledge of real phenomena and their names.

Terminological spelling is a particularly important issue in translation. The translator should take into account the degree of usage of a particular variant in a particular terminology at the moment, which should be confirmed by the latest dictionaries.

It is worth emphasising the translation difficulties that arise from the oversaturation of psychological terminology with internationalisms and borrowed terms that came into Ukrainian from Greek and Latin through English, German and other languages. They complicate the translation process with additional procedures, such as semantic analysis of the source text in which

they are presented; consideration of the linguistic and extralinguistic contexts of the terms' use in it; and the possibility of multiple interpretations in the source and target languages.

With regard to synonymy, the translator needs to distinguish between cases where terms have similar meanings but are not synonymous and cannot be interchanged. For example, *stress* and *pressure* have similar meanings at first glance. Thus, *stress* occupies an appropriate place in the psychological terminology system, as this term means such concepts as 'psychological tension' and 'psychological pressure'. The dictionary notes that *stress* is a state of tension – a set of protective physiological reactions that occur in the body of animals and humans in response to the impact of various adverse factors (stressors) – cold, starvation, mental and physical trauma, radiation, blood loss, infection, etc. [6].

According to the Ukrainian dictionary, *tension* is a mental state caused by experimental conditions for a given person [5].

The English translation of this term is *pressure*, and the English Psychological Dictionary defines it as 'excessive or stressful demands, imaginary or real, placed on a person that make him or her think, feel, or act in a certain way' [8].

It is worth noting that 'psychological tension' could be the national equivalent of 'stress', but the latter term is somewhat broader, and in this case it is important to emphasise that it covers both the concepts of 'tension' and 'pressure', so the term *stress* was translated using transcoding and found its place in the Ukrainian psychological terminology. It follows that in this and similar cases, the translator must understand that he or she cannot translate these terms variably.

Another translation problem is the ambiguity of terms. For example, the term *pressure* in English covers both 'pressure' and 'tension'. In Ukrainian, these words can be considered synonyms in everyday speech, but in the language of terminology, their meanings differ. *Pressure*, unlike *tension*, which is a state of mind, means psychological influence. This makes it difficult for the translator to choose the most accurate translation option and requires reference to the context.

A large number of neologisms is another significant feature of psychological terminology. It is their novelty and incomprehensibility that causes difficulties for translators. Difficulties are already apparent at the first stage of translation, when a specialist has to understand the essence of a new term. At the first stages of use, neologisms are not yet reflected in dictionaries, so the translator can only find out the meaning from the context. In this context, the translator asks him-

self what exactly the words in question mean and how they should be translated. Of course, first of all, he or she looks at the context. In particular, a translator who is close to psychology can guess that the concept is similar to the term *attitude*. According to the glossary, *attitude* is a position taken by a person, which consists in determining the attitude towards the goals and objectives that he or she faces and is expressed in mobilisation readiness for activities aimed at their realisation.

Another peculiarity and complexity of translating a psychological text is the certain metaphorical nature of the terms, which is an important factor in terminology. In the process of terminologisation, there is a primary scientific idealisation of objects, processes, characteristics of the linguistic world picture, which is evidenced in everyday consciousness, and this is how the influence of the linguistic world picture on the national scientific picture is manifested [4, p. 36].

The process of metaphorisation occurs by adding new components to the semantics of commonly used words or terms that change its meaning and direct it to a particular terminology. Usually, language is the words and sounds that we manifest, our body is not able to say something, but not in psychology. In psychology, this concept is explained as non-verbal communication, and by its construction, the term consists of two commonly used words, which makes it a full-fledged term. Such metaphors enrich the respective terminology systems, and their richness is a feature of popular psychological literature, as they make scientific terms more accessible to the reader. At the same time, the metaphorical nature of the terms adds to the complexity of the translator's task, as it is necessary to understand whether to translate it literally or not, the essence of the metaphor should remain unchanged.

The translation of professional texts is also complicated by the authors' use of abbreviations, including terminology. To translate an abbreviation correctly, you need to study the context in detail, because sometimes the same abbreviation in a dictionary can stand for different terms. If an abbreviation is long-established and well-established within a particular terminology, it simplifies the translator's task. However, sometimes abbreviations are neologisms that have not yet had time to gain a foothold in dictionaries.

Analysing the above terms, we can identify another difficulty in the process of translating psychological terms, such as choosing a translation method if there is no appropriate equivalent in the target language.

It should be noted that the terminological system of the Ukrainian language is constantly being updated with new terms in the field of psy-

chology. However, this also leads to new translation challenges. Professional translation of psychological texts is considered one of the most difficult tasks. At the translation stage, the problem of matching an English-language term with the existing system of concepts in national psychology often arises. Ukrainian psychological science, which has its own stable terminology, is not always ready to describe and assimilate new concepts borrowed from foreign sources, especially in scientific publications based on frequently updated data from foreign periodicals.

One of the reasons that complicates the translation of psychological terminology is the humanitarian nature of this science. In the process of translating borrowed terms, additional procedures are often required, such as semantic analysis of the source text, consideration of the linguistic and extralinguistic context of the terms, and the possibility of multiple interpretations of terms in the source and target languages.

In terminology translation, it is important to be aware of the relationship of a particular term to other elements of the terminology system. Reducing or distorting the meaning of a term during translation negatively affects its role in a particular field of knowledge and in the terminological description. Thus, the main requirement for the translation of a term is the accurate transmission of its meaning, taking into account the specifics of the interaction between the terminological systems of the source and target languages.

In the current practice of translating psychological terms from English into Ukrainian, the use of lexical equivalents, as well as transcription and transliteration methods, remains a common method. Adaptive transcoding is increasingly used, which involves practical transcription with the adaptation of a word from the source language to the phonetic and/or grammatical form of the target language. The terminology borrowed by these methods is becoming more and more common and is becoming fixed in the language.

The key to effective interlingual communication is the accuracy of the translation and the completeness of its transmission. To describe the process and adequacy of translation, researchers use the terms 'translation equivalence' and 'translation adequacy'. These categories are the main ones in translation theory. Equivalence and adequacy are the key requirements for translation, the fulfilment of which varies in actual practice depending on many objective and subjective factors.

Translation of scientific and popular science texts in psychology is an informative type of translation. The main stylistic feature of texts in the scientific and popular science genres is the accuracy and clarity of the material, as well as

the high saturation of special terminology inherent in this field of knowledge. In psychological texts, terms are used widely, as they carry the main semantic load. The main requirement for such terms is maximum accuracy of expression, which excludes the possibility of ambiguous interpretations, i.e. the terms must have an unambiguous, clearly defined meaning.

In general, it should be noted that the stylistic diversity of scientific and popular psychological texts is interesting for translation activities and opens up opportunities for applying various translation transformations to achieve an adequate translation. In the process of translation, it is important to accurately convey the terms that are the key units of a specialised text, as this is a prerequisite for the correctness of the translation of the entire text.

To successfully translate a text on psychology, a translator must first familiarise himself or herself with the specifics of this science, as it is extremely difficult to produce a high-quality translation without the relevant knowledge in this field. When working with scientific texts in a particular field, a translator must first of all learn the special terminology and possible methods of translating it using transformations to achieve adequacy of the text. That is why the adequate translation of terms as the main units of a specialised text is a prerequisite for the accuracy of the entire translation.

Regarding the methods of translating psychological terminology, it should be borne in mind that the choice of a particular method may cause difficulties for the translator, as some terms, especially new ones, have no equivalents in the target language. Moreover, the scope of some concepts denoted by the same words may not be the same in different languages.

There are several reasons for errors that occur when translating English-language psychological texts into Ukrainian:

1) the adequacy of the translation largely depends on the knowledge of the topic under discussion. It should also be borne in mind that specialists in specialised areas of psychology may have difficulty translating texts of a wider scientific spectrum;

2) the context does not always allow for a clear understanding of the meaning of the term;

3) high idiomaticity of terms and phrases, as well as specialised meanings of common literary words used as psychological terms, can cause errors, especially in the absence of a psychological dictionary;

4) in the process of translating terms and phrases, some errors are associated with difficulties in determining the semantic relations between components [7].

It should be noted that mistakes can be avoided due to knowledge of the subject matter and a clear context. However, in the absence of well-established English-Ukrainian parallels recorded in dictionaries, the process of translating psychological terms becomes extremely difficult.

Technological advances and the globalisation of knowledge have further highlighted the problems of equivalence in the translation of psychological terminology. As psychological research becomes more and more international, the need for multilingual dissemination of its results is growing. Machine translation tools and automated terminology management systems offer valuable support, but often fail to cope with the complexity of psychological terms. These tools deal with contextual sensitivity, cultural nuances and theoretical differences, highlighting the continued importance of human expertise in this field.

In addition to linguistic and cultural issues, ethical considerations play an important role in the translation of psychological terminology. Inaccurate or incorrect translations can have serious consequences, especially in clinical and therapeutic contexts where misunderstanding of

psychological terms can affect diagnosis, treatment, and patient outcomes. Translators must be cautious about these ethical issues, ensuring that their work promotes clarity, understanding, and respect for the individuals and communities involved.

**Conclusions and further research prospects.** The translation of psychological terminology is a complex and multifaceted process that involves overcoming linguistic, cultural, theoretical, and ethical challenges. Achieving equivalence requires more than linguistic proficiency; it requires a deep understanding of the conceptual, contextual and functional dimensions of psychological terms. As psychological science continues to evolve and expand its global reach, the study of equivalence in the translation of psychological terminology will remain a critical area of research and practice, contributing to the effective and inclusive communication of psychological knowledge across languages and cultures.

It is promising to conduct further cross-cultural research to better understand the semantic and pragmatic aspects of psychological terms in different languages.

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