

COGNITIVE LOAD IN SIMULTANEOUS INTERPRETATION OF POLITICAL SPEECHES: CHALLENGES AND STRATEGIES

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Introduction. Simultaneous interpreting is an interpreting technique that can be quite complex as it requires the interpreter to immediately translate, understand and speak out the words. The challenge doubles for interpreters covering political speeches and debates owing to the amalgamation of the speaker's composite worldviews and various cultural allusions. The purpose of this article is to discuss the cognitive challenges of SI within the context of politics, explain what causes cognitive overload, and propose solutions to overcome the overload.

The aim of this paper is to examine the cognitive load imposed on interpreters in the simultaneous interpreting of political speeches, identify the salient issues that generate cognitive load, and review how interpreters effectively handle these issues while also maintaining fidelity and efficiency of interpretations.

Results and discussion. Cognitive Load Theory claims that working memory has a cognitive capacity limit. In simultaneous interpretation (SI), interpreters have to deal with three types of cognitive load: intrinsic load which refers to resourcing the difficulty of the language and structure of political speeches; extraneous load which refers to an unnecessary processing overload due to unclear articulation, background sounds, or very fast speech delivery; germane load which refers to learning and developing the skills of interpreting.

Advanced vocabulary, metaphoric vocabulary, and rhetorical paraphrasing, such as parallelism and repetition, are prevalent in political speeches (Chmiel & Mazur, 2013). The interpreters need to rapidly understand these components in a coherent and accurate sense. Referential context is fundamental for politics (Schäffner, 2004). Interpreters should be able to identify and appropriately express

ideological discrimination, which necessitates background information and split-second choices. Recent research showed that interpreters actually use strategies of substitution and omission with ideologically loaded content, which shows the influence of ideology in interpreting strategies.

It's common for political figures to speak during their speeches exceptionally fast with varying levels of pitch and emotional expressions. Optimal speech rate for SI is thought to be between 120 and 150 words per minute, but political speeches seem to have no bounds and worsen cognitive strain. More recently, some studies indicate that the availability of source texts can help interpreters cope with rapid speech delivery, but this may create other problems in eye-ear coordination. Political speeches tend to use emotive appeals, irony, and implicit meanings in the same context. Interpreters do the intricate task of trying to convey the correct translation while damaging or preserving the intended effect of the speaker.

Interpreters anticipate and prepare as set forth by Setton (1999) in speech analysis or understanding a policy's central themes, so they do not overstretch themselves cognitively. Real-time translating is made easier through chunking and reformulation, which splits complex sentences into easier parts, as well as paraphrasing (Chmiel, 2008). Condensation and selective deletion of certain aspects allow interpreters to maintain output fluency while saving cognitive effort from non-essential information (Gile, 1995). Two techniques of strategic paraphrasing and contextual inference are suggested to overcome vague phrases and incomplete utterances' outputs, enabling a reasonably intelligent answer (Pöchhacker, 2016).

Conclusions.

Simultaneous interpreting of political speeches imposes unique cognitive challenges of lexical complexity, cultural references, and stylistic devices. Cognitive load management strategies such as preparation, reformulation, and strategic omission can assist interpreters in maximizing efficiency and accuracy. Further research on neurocognitive operations in SI can contribute to the development of training approaches tailored to political interpreting.

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