Translation Shift in English-Indonesian Translation of "*The Things You Can See Only When You Slow Down*"

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ABSTRACT

This study aimed to analyze the types of shift in the translation of the book "The Things You Can See Only When You Slow Down" by Haemin Sunim. The qualitative method was employed in this study. The data were collected through document analysis. Following the data collection procedure, the data were categorized and analyzed using the theories proposed by Catford (1965) and Machali (2009). The result showed that there were six types of shifts found in the translation of the book. They were level shift, structure shift, class shift, unit shift, intra-system shift, and meaning shift. Unit shift was the most prevalent translation shift, followed by class shift. There were cases of obligatory shifts due to different linguistic systems of the source language and the target language. In such contexts, the shifts were necessary to achieve accuracy and acceptability in the target language. In addition, there were also optional shifts due to the translator's preference or different cultural backgrounds. It was applied to increase the readability in the target language.

1. Introduction

Translation is the means of accelerating the dissemination of knowledge and technology from developed countries to developing countries such as Indonesia. Since the primary source of knowledge and technology is dominantly written in English, it is necessary to translate it into Indonesian (Sipayung, 2018). Every language has its own system that may cause shift in the translation process (Shadam & Hartono, 2018). Differences in syntactical structures and culture of the source language (SL) and the target language (TL) may result in translation shifts (Widiastuti & Savitri, 2015).

According to Catford (1965), shift is "the departures from formal correspondence in the process of going from the SL (source language) to the TL (target language)". He divided shift into two main types: level shift and category shift. Furthermore, Catford developed four types of category shift: structure shift, class shift, unit shift, and intra-system shift. The types of shift are defined as follows: (a) Level shift occurs when an item in the SL has an equivalent in the TL with a different linguistic level. For example, the sentence 'She is watching TV' is translated into '*Dia sedang menonton TV*'. The 'verb + ing' construction (grammar), which indicates that the action is in progress, is translated into the word '*sedang*' (lexicon) to convey the same meaning; (b) Structure shift occurs when there is a change in the structure of the sentence or the phrase. For example, the noun phrase 'big house' (adjective modifier + head noun) is translated into '*rumah besar*' (head noun + adjective modifier); (c) Class shift happens when an item in the SL is translated into an equivalent that belongs to a different word class in the TL. For example, the word 'annual' (adjective) is translated into '*tahunan*' (noun); (d) Unit shift refers to changes in rank where a unit at one rank in the source text is translated as a unit at a different rank in the target text. For example, the noun 'humility' is translated into the noun phrase '*kerendahan hati*'; (e) Intra-system shift occurs due to the differences in the SL and TL language systems. For example, the word 'scissors' (plural form) is translated into '*gunting*' (singular form). In addition to grammatical shift, there is also meaning shift which is caused by the shift in perspective or point of view (Machali, 2009). For example, the sentence 'He broke his leg' is translated into '*Kakinya patah*'.

Shift is inevitable in the translation process due to the different natures of the SL and the TL (Olfi & Sunardi, 2017). Translation shifts occur in the process of finding the equivalence between the SL and the TL, two languages with different grammatical systems and cultural backgrounds (Syahbaniyah & Suhardijanto, 2022). In order to accurately convey the identical meaning of the text, translators must have a thorough understanding of the structure and culture of both languages. Additionally, the translator may need to make several adjustments in order to convey the intended meaning (Istiqomah et al., 2021). The translator must be able to convey the author's messages by using the appropriate expressions in the TL (Widarwati et al., 2019)

There have been multiple studies on translation shift conducted previously. For instance, Maryani & Meilasari (2021) conducted a study on translation shift and accuracy in the translation of the Indonesian novel entitled *Pasung Jiwa* into English. According to the analysis, unit shift is the most dominant shift found in the translation of the novel (31%), followed by structure shift (28%), intra-system shift (19%), level shift (14%), and class shift is the least dominant one (8%). In terms of translation accuracy, 46% of the data are considered to be accurate, another 46% are considered to be less accurate, and only 8% are considered to be inaccurate. Based on the result, it was concluded that the translation shift did not alter the message or the meaning of the SL text.

Another study related to translation shift was conducted by Saputra & Darta (2020). Their study aims to identify the types of shift in the dialogue translation found in several short stories by Ahmad Tohari. The data were taken from the book *Senyum Karyamin* and its English translation, *Karyamin's Smile.* The result reveals that the types of shift have affected the translation of the dialogue. Structure shift and unit shift are the two most common types of shift applied in the dialogue translation. In the conclusion, it was stated that structure shift can produce more substantial modifications than unit shift since the majority of the patterns lead to the change in the dialogue intention.

A study with the focus on translation shift was also conducted by Rahmawatie et al. (2017). The study aims to find out how functional words are translated by applying translation shift. The data source of this study is the Indonesian novel *Bumi Manusia* written by Ahmad Tohari and its English translation *This Earth of Mankind*. The findings of the study demonstrate that the translation shifts of the functional words are considered to have high accuracy, clarity, and naturalness since the words in the TL convey the same meaning as the words in the SL even though they belong to different word classes.

The three earlier studies are relevant to this study due to their focus on the analysis of translation shift. However, this study aims to investigate not only the grammatical shift of the translation, but also the meaning shift. Moreover, the language direction and the genre of the data source are also different. The three previous studies use Indonesian literary work translated into English, while this study uses an English self-improvement book translated into Indonesian. The data source with different genres and language directions in the translation will lead to different perspectives and results.

Based on the background, this study aims to analyze the grammatical shift and the meaning shift in the translation of the book "The Things You Can See Only When You Slow Down" written by Haemin Sunim. Hopefully, this study can contribute to the field of translation studies. The data analysis in this study can be used in translation classes to teach translation shift. Additionally, the result of this study can be used by other researchers to develop further translation research in the future.

2. Method

The qualitative method was applied to identify the translation of grammatical shift and the meaning shift in the book "The Things You Can See Only When You Slow Down" by Haemin Sunim (2018). The book has gained immense popularity and it has been translated into more than 35 languages, including Indonesian. The book was translated into Indonesian language by Daniel Santosa and published by Penerbit POP in 2020. The book was chosen as the data source since it contained many translation shifts that are suitable for this study. The data of this study were taken from the prologue and the first chapter of the book.

The data on translation shifts were collected through document analysis by reading the English version and the Indonesian translation thoroughly. The data were in the form of words, phrases,

clauses, and sentences. The suitable data were noted and numbered in a table using note-taking technique. After the data collection process was conducted, the data of translation shifts were classified and analyzed by using the theory proposed by Catford (1965) and Machali (2009). According to Catford (1965), there are two main types of translation shifts: level shift and category shift. Furthermore, category shift is divided into four types: structure shift, class shift, unit shift, and intra-system shift. In addition to grammatical shifts, there are also semantic shifts that result from changes in point of view (Machali, 2009). The grammatical shifts in this study were analyzed using the theory proposed by Catford (1965), while the meaning shifts were analyzed using the theory by Machali (2019).

3. Results and Discussion

Based on the analysis, it was found that there were six types of shift found in the English-Indonesian translation of the book "The Things You Can See Only When You Slow Down". There were level shifts (4 data), structure shifts (2 data), class shifts (5 data), unit shifts (11 data), intra-system shifts (2 data), and meaning shifts (3 data). Table 1 shows the types of translation shift, the number of data found, and the percentage.

Table 1. Types of Translation Shift

No.	Translation Shift	Data	Percentage
1	Level Shift	4	14,81%
2	Structure Shift	2	7,41%
3	Class Shift	5	18,52%
4	Unit Shift	11	40,74%
5	Intra-system Shift	2	7,41%
6	Meaning Shift	3	11,11%
	Total	27	100%

Table 1 shows that the most dominant translation shift found was unit shift with 40,74%, followed by class shift with 18,52%, level shift with 14,81%, meaning shift with 11,11%, structure shift and intra-system shift each with 7,41%. The discussion is divided based on the types of the unit shift and presented as follows.

3.1 Level Shift

According to Catford (1965), level shift occurs when an item in the SL has an equivalent in the TL with a different linguistic level. For example, translation shifts from grammar to lexis and vice versa.

3.1.1 Untranslated Past Simple Form
Data 1
ST: "I **enjoyed** the feeling of making connections with people." (Sunim, 2018: 1)
TT: "*Saya begitu **menikmati** perasaan yang timbul ketika terhubung dengan orang lain*." (Sunim, 2020: 1)

In data 1, the verb 'enjoyed' in the SL sentence is in the past simple form, meaning that the action was completed at a particular time in the past. The verb was translated into '*menikmati*' in the TL. The translation in the TL is the equivalent of the verb in the SL. However, the Indonesian translation does not convey the time aspect and does not specify when the action takes place. Therefore, it can be concluded that level shift occurred in the translation. This level shift occurs since the Indonesian language does not have verb conjugation to express tenses like the English language.

3.1.2 Untranslated Present Continuous Form

Data 2
ST: "When everything around me **is moving** so fast, I stop and ask, "Is it the world that's busy, or is it my mind?"" (Sunim, 2018: 9)

TT: "*Ketika segala sesuatu di sekitar saya **bergerak** begitu cepat, saya berhenti sejenak dan bertanya, "Apakah memang dunia yang terlalu sibuk, atau malah batin saya?""* (Sunim, 2020: 9)

In data 2, the present continuous form 'is moving' was translated into '*bergerak*' in the TL. Even though the meaning of the SL item was conveyed in the TL, the continuous aspect was not able to be transferred into the TL due to the differences in the grammatical system of the two languages. The continuous form 'is moving' shows that the action is ongoing or in progress. However, the continuous aspect of the SL was not expressed in the TL. For that reason, it can be said that there was a level shift in the translation.

3.1.3 Untranslated Present Perfect Form

Data 3
ST: "We feel we can forgive those who **have wronged** us." (Sunim, 2018: 30)
TT: "*Kita merasa kita bisa memaafkan mereka yang **bersalah** kepada kita.*" (Sunim, 2020: 30)

Another example of level shift is shown in data 3. The present perfect form 'have wronged' was translated into '*bersalah*'. The present perfect form is used to refer to an experience or something that happened in the past, but is still related to the present. However, the perfect aspect of the SL sentence was not expressed in the Indonesian translation. It is an example of level shift from a grammatical construction in the SL into a lexical item in the TL.

3.1.4 Untranslated Past Continuous Form

Data 4
ST: "For example, if I were James Taylor and someone **were looking** for Pavarotti, then naturally I wouldn't be chosen." (Sunim, 2018: 35)
TT: "*Misal, seandainya saya James Taylor, dan seseorang **mencari** Pavarotti, tentu saja saya tidak akan dipilih.*" (Sunim, 2020: 35)

A level shift also occurred in the translation as shown in data 4. The past continuous tense 'were looking' in the source text was translated into '*mencari*' in the target text. The past continuous tense has the pattern of subject + was/were + base verb + ing. It refers to an ongoing action at a specific time in the past. The Indonesian language does not have the equivalent tense for past continuous. As a result, we can see that the past progressive aspect was not transferred into the TL. Therefore, it can be inferred that the level shift in this data occurred due to different grammatical systems between English and Indonesian.

3.2 Structure Shift
A structure shift occurs when there is a change in the structure of the sentence or the phrase. According to Catford (1965), structure shift is the most common type of category shift found in translation. It frequently occurs at all levels in translation.

3.2.1 Modifier Head Translated into Head Modifier

Data 5
ST: "When you have to make **important decision**, don't lose sleep over it." (Sunim, 2018: 34)
TT: "*Saat kita harus mengambil **keputusan penting**, jangan sampai kita tidak tidur karena memikirkannya.*" (Sunim, 2020: 34)

Structural shift occurs in data 5 due to the difference in the grammatical structure between the SL and the TL. English noun phrase has the structure of modifier + noun. As we can see in the SL data, the noun 'decision' is preceded by the modifier 'important'. On the contrary, the structure of Indonesian noun phrase is noun + modifier. The translation consists of the noun '*keputusan*' and

followed by the modifier '*penting*'. It shows that there is a shift in the position of the noun and the modifier of the SL and the TL noun phrase.

3.2.2 Shift in Sentence Structure

Data 6
ST: "**Surround yourself with close friends**." (Sunim, 2018: 26)
TT: "*Biarkan teman-teman terdekat menemani kita*." (Sunim, 2020: 26)

In data 6, structural shift happens at the sentence level. The SL sentence 'surround yourself with close friends' has the structure of 'verb + pronoun + preposition + adjective + noun'. The translation in the TL '*biarkan teman-teman terdekat menemani kita*' has a totally different structure, which is 'verb + noun + adjective + verb + pronoun'. The structural shift in data 6 occurs due to different syntactic structures between English and Indonesian. The shift was necessary to achieve acceptability and readability in the TL.

3.3 Class Shift

Class shift happens when an item in the SL is translated into an equivalent that belongs to a different word class in the TL (Catford, 1965). There are several examples of class shift found in the data. The discussion is presented as follows.

3.3.1 A noun translated into a verb

Data 7
ST: "A young recent **graduate**, discouraged after not finding a job, read my supportive words and gave the search another try, finally landing a job." (Sunim, 2018: 2)
TT: "*Seorang pemuda yang baru saja **lulus**, merasa putus asa karena tidak mendapat pekerjaan kemudian membaca kata-kata penyemangat saya dan kembali mulai mencari, hingga akhirnya mendapat pekerjaan*." (Sunim, 2020: 2)

In data 7, The English noun 'graduate' is translated into the Indonesian verb '*lulus*'. The head of the noun phrase 'a young recent graduate' is the word 'graduate.' This noun refers to a person who holds a bachelor's degree or higher. Meanwhile, the word '*lulus*' signifies succeeding in the exam. It indicates that a candidate has passed the exam that would lead to the award of a degree.The translation of the English noun 'graduate' into the Indonesian verb '*lulus*' reflects a shift in the word class from a noun into a verb.

3.3.2 A noun translated into an adjective

Data 8
ST: "It made me profoundly happy that my simple messages could inspire people and help them in their times of **difficulty**." (Sunim, 2018: 2)
TT: "*Semua cerita mereka membuat saya sangat gembira sebab pesan-pesan sederhana saya ternyata mampu mengilhami banyak orang dan membantu mereka menghadapi masa-masa **sulit***." (Sunim, 2020: 2)

In data 8, the noun 'difficulty' is translated into the adjective, '*sulit*' in the TL. In this case, class shift happens by changing from a noun into an adjective. The word 'difficulty' is classified as a noun because of the suffix '-ty' in the word 'difficulty', which is used to form a noun from an adjective in denoting state or condition. Meanwhile, the word '*sulit*' is an Indonesian adjective that means 'being in a difficult situation', this adjective is used to modify the Indonesian noun '*masa-masa*' to indicate the hard times. Hence, in this data, there is a class changing from a noun into an adjective.

3.3.3 An adjective translated into a noun

Data 9

ST: "It is not that the world is objectively **joyful** or **sad** and produces a corresponding feeling in us." (Sunim, 2018: 9)

TT: "*Bukanlah dunia yang secara objektif merasakan* **kebahagiaan** *atau* **kesedihan** *dan menimbulkan perasaan yang sama dalam diri kita.*" (Sunim, 2020: 9)

Data 9 has two adjectives: 'joyful' and 'sad'. The word 'joyful' means very happy, while 'sad' refers to unhappy feeling. The English adjective 'joyful' is translated into the Indonesian noun '*kebahagiaan*', which refers to the state of joy and peace of life. Meanwhile, the adjective 'sad' is translated into the noun '*kesedihan*', which means sad feeling or grief. The translation of the SL adjectives into TL nouns shows that there is a class shift.

3.3.4 An adjective translated into a verb

Data 10

ST: "The world comes to exist because we are **aware** of it." (Sunim, 2018: 11)

TT: "*Dunia ada karena kita* **menyadari***nya.*" (Sunim, 2020: 11)

According to data 10, the word 'aware' found in the ST belongs to the word class of adjective. Meanwhile, the Indonesian translation '*menyadari*' belongs to the verb class. In this specific instance, the class shift occurred when the English adjective 'aware' was translated into the Indonesian verb '*menyadari*'. The English adjective has been transformed into a verb in the target text. This translation phenomenon, known as class shift, occurs when the adjective is transformed into a verb.

3.3.5 An adverb translated into an adjective

Data 11

ST: "Those who work in a playful, relaxed manner tend to work **efficiently** and **creatively**." (Sunim, 2018: 31)

TT: "*Mereka yang bekerja dengan senang hati dan santai cenderung bekerja lebih* **efisien** *dan* **kreatif**." (Sunim, 2020: 31)

The translation in data 11 also shows the class shift from adverb class into adjective class. The first adverb is 'efficiently', indicated by the occurrence of the suffix '-ly' at the end of the word and modifies the verb 'work'. The adverb 'efficiently' means 'in a good and careful way, with no waste of time, money or energy'. This adverb is translated into the adjective '*efisien*' in the target text. The TL adjective '*efisien*' means 'working properly or producing something, without wasting time, effort, or cost'. The second SL adverb is 'creatively', which means 'in a way that uses talent and creativity to create something original or a piece of art'. This adverb is translated into the Indonesian adjective '*kreatif*'. It means to have the ability to create or produce something. Both ST adverbs and TT adjectives provide equivalent meanings even though they undergo a class shift from adverbs into adjectives.

3.4 Unit Shift

Unit shift refers to changes in rank where a unit at one rank in the source text is translated as a unit at a different rank in the target text (Catford, 1965).

3.4.1 A noun phrase translated into a noun

Data 12

ST: "I was then contacted by **publishing companies** offering to turn my writings into a book." (Sunim, 2018: 3)

TT: "*Saya kemudian dihubungi oleh **penerbit** yang menawarkan untuk membukukan tulisan-tulisan saya.*" (Sunim, 2020: 3)

Data 12 shows an example of a unit shift from a noun phrase into a noun. There is a change in the unit from a higher rank (noun phrase) to a lower rank (noun). The SL noun phrase 'publishing companies' is translated into the noun '*penerbit*' in Indonesian. If the SL noun phrase was translated literally into a noun phrase in the TL, the translation would be '*perusahaan penerbitan*', which does not sound natural in the TL. Therefore, it can be concluded that the unit shift was necessary to achieve naturalness in the TL.

3.4.2 An adjective translated into a verb phrase

Data 13

ST: "If you are overly **self-conscious,** the "three liberating insights" from chapter 6 can be quite helpful." (Sunim, 2018: 3)

TT: "*Apabila kita terlalu **mengkhawatirkan apa kata orang lain**, 'tiga wawasan membebaskan' yang akan dibahas mulai dari bab enam bisa jadi sangat berguna.*" (Sunim, 2020: 4)

The adjective 'self-conscious' in data 13 was translated into a verb phrase '*mengkhawatirkan apa kata orang lain*'. If someone is self-conscious, it means the person feels anxious or uncomfortable because they are concerned about what other people think of their actions or appearance. The concept of 'self-conscious' has been expressed well in the TL since the translation has a similar meaning. However, there was a unit shift from a lower rank (an adjective) into a higher rank (a verb phrase). The shift was conducted to convey the meaning clearly to the TL. If the adjective 'self-conscious' is translated literally, the translation would be '*sadar diri*'. However, the literal translation does not convey the meaning component of 'worrying about what other people think'. Therefore, the unit shift in this context is suitable since it conveys the whole concept of the ST adjective and clarifies the meaning for the target readers.

3.4.3 An adjective translated into an adjective phrase

Data 14

ST: "To him, they provided a moment of calm reflection and rest from his **hectic** schedule." (Sunim, 2018: 2)

TT: "*Baginya, pesan-pesan itu menawarkan bahan renungan singkat dan jeda di sela jadwalnya yang **sangat padat**.*" (Sunim, 2020: 2)

Another example of unit shift was found in data 14. The adjective 'hectic' was translated into an adjective phrase '*sangat padat*'. It is a change of unit from a lower rank (adjective) to a higher rank (adjective phrase). The SL adjective 'hectic' means 'very busy and full of activity'. It was translated into '*sangat padat*' to convey the meaning of 'very busy'. The unit shift was applied to achieve a meaning equivalence in the TL.

3.4.4 A noun translated into a noun phrase

Data 15

ST: "When we accept such lessons with **humility** and **gratitude**, we grow that much more." (Sunim, 2018: 29)

TT: "*Saat kita menerima pelajaran itu dengan **kerendahan hati** dan **rasa syukur**, kita akan semakin bertumbuh.*" (Sunim, 2020: 29)

There are two nouns that are translated into noun phrases in data 15. The noun 'humility' was translated into '*kerendahan hati*' and the noun 'gratitude' was translated into '*rasa syukur*'. The unit shift happened from a lower rank (noun) to a higher rank (noun phrase). The unit shift occurred since the equivalent of the SL nouns are in the form of noun phrases in the TL. Therefore, the unit shift was inevitable.

3.4.5 A prepositional phrase translated into an adjective

Data 16
ST: "To keep doing your work **for a long time**, do not treat it as just work." (Sunim, 2018: 32)
TT: "*Agar sanggup bekerja **lama**, jangan anggap pekerjaan kita hanya sekadar pekerjaan.*" (Sunim, 2020: 32)

In data 16, the prepositional phrase 'for a long time' was translated into an adjective '*lama*'. There was a change in the unit from a higher rank (prepositional phrase) to a lower rank (adjective). The prepositional phrase in the TT consists of the preposition 'for', the indefinite article 'a', the adjective 'long', and the noun 'time'. The prepositional phrase could be translated literally into the TL '*dalam waktu yang lama*'. However, the translator decided to translate the prepositional phrase into an adjective '*lama*'. The decision to translate the phrase into a smaller unit might be conducted to make the translation more concise.

3.4.6 A phrasal verb translated into a verb

Data 17
ST: "Don't **give up** in the face of criticism." (Sunim, 2018: 29)
TT: "*Jangan **menyerah** di hadapan kritik.*" (Sunim, 2020: 29)

Another unit shift from a higher rank to a lower rank was found in data 17. The phrasal verb '*give up*' was translated into the verb '*menyerah*'. A phrasal verb is an idiomatic expression that consists of a verb and one or two particles. In data 17, the phrasal verb in the ST consists of the verb 'give' and the particle 'up', which means 'to stop trying or make efforts, to surrender and accept failure or loss'. The Indonesian equivalent of the phrasal verb is '*menyerah*'. The meaning was conveyed well into the TL despite a unit shift in the translation. The unit shift in this context occurred due to the difference in linguistic systems between the two languages. The Indonesian language does not have the equivalent of word combination with idiomatic meanings like English phrasal verbs. Therefore, in translating phrasal verbs, the meanings are conveyed directly without maintaining the ST grammatical form of verb and particle combination.

3.4.7 An adjective translated into a noun phrase

Data 18
ST: "The boundary between the mind and the world is actually thin, porous, and ultimately **illusory**." (Sunim, 2018: 9)
TT: "*Batas antara batin dan dunia luar begitu tipis, penuh lubang, dan sesungguhnya hanyalah **sekadar ilusi**.*" (Sunim, 2020: 9)

The unit shift in data 18 is shown in the translation of the adjective 'illusory' to the noun phrase '*sekadar ilusi*'. If something is 'illusory', it means that it is 'based on illusion or something that is not real'. The meaning of the adjective is transferred into the TL by using the adverb '*sekadar*' and the noun '*ilusi*', which together form a noun phrase. Therefore, it can be concluded that the unit shift occurred from a lower rank to a higher rank. The unit shift happened since there was no equivalent in the form of an adjective for the word 'illusory' in the TL.

3.4.8 A noun translated into an adjective phrase

Data 19
ST: "Love yourself despite your **imperfections**." (Sunim, 2018: 28)
TT: "*Cintailah diri kita yang **tidak sempurna**.*" (Sunim, 2020: 28)

Data 19 shows a unit shift from a noun into an adjective phrase. The noun 'imperfections' was translated into an adjective phrase '*tidak sempurna*'. The literal translation of the noun 'imperfection' is the noun '*ketidaksempurnaan*'. However, the translator decided to translate the word 'imperfection' into '*tidak sempurna*'. The decision may be made to ensure readability for the target readers since the literal translation '*ketidaksempurnaan*' contains seven syllables and can be considered too long as a word. In this case, the unit shift occurred due to the translator's preference.

3.4.9 An adverb translated into an adverbial phrase

Data 20
ST: "You are so eager to help your friends, but you treat yourself so **poorly**." (Sunim, 2018: 28)
TT: "*Kita begitu semangat membantu kawan-kawan kita, tetapi memperlakukan diri sendiri **dengan buruk**.*" (Sunim, 2020: 28)

In data 20, the adverb of manner 'poorly' was translated into an adverbial phrase '*dengan buruk*'. The unit shift occurred because of the difference in the language system between the SL and the TL. In English, an adverb of manner is usually formed by adding the suffix '-ly' to an adjective, which results in a single word. In contrast, the adverb of manner in the Indonesian language requires another word before the adjective. As shown in the data, the adjective '*buruk*' was preceded by the preposition '*dengan*'. Thus, the unit shift in data 20 occurred due to different language systems.

3.4.10 A noun phrase translated into a clause

Data 21
ST: "Gratitude awakens us to the truth of **our interdependent nature**." (Sunim, 2018: 38)
TT: "*Rasa syukur mengingatkan kita akan kebenaran bahwa **kita semua saling tergantung satu sama lain**.*" (Sunim, 2020: 38)

In data 21, the noun phrase 'our interdependent nature' was translated into the clause '*kita saling tergantung satu sama lain*'. It is an example of a unit shift from a lower rank (a noun phrase) to a higher rank (a clause). The SL noun phrase consists of the modifier 'our interdependent' and the head 'nature'. It was translated into a clause that consists of a subject '*kita semua*', a predicate '*saling tergantung*', and a complement '*satu sama lain*'.

3.4.11 A sentence translated into two sentences

Data 22
ST: "**I still remember a young mother who had lost her husband in a car accident and sent me a heartfelt thank-you note for saving her from committing suicide, saying that she never thought about loving herself because love for her always meant giving it to someone else.**" (Sunim, 2018: 2)
TT: "***Saya masih ingat saat seorang ibu muda yang kehilangan suaminya dalam kecelakaan mobil mengirimi saya ucapan terima kasih yang begitu tulus karena saya menyelamatkan dirinya yang hendak bunuh diri. Lewat tulisannya, dia mengaku sama sekali tidak pernah berpikir untuk mencintai dirinya sendiri, karena cinta, menurutnya, harus diberikan kepada orang lain.***" (Sunim, 2020: 2)

In data 22, the unit shift occurred from a lower rank to a higher one since the sentence in the ST was translated into two sentences in the TT. The decision to translate the ST sentence into two sentences might be made to produce a readable text in the TT. As we can see from the data, the translation in the TT is longer than the original text. Therefore, by dividing the sentence into two, it would make it easier for the readers to follow the text. In addition to accuracy and acceptability, readability is an important aspect to be considered in translation (Prasetya et al., 2019). Therefore, the translator must always keep in mind these three aspects during the translation process.

3.5 Intra-system Shift

According to Catford (1965), intra-system shift occurs due to the differences in the language systems of the SL and the TL.

3.5.1 Plural form translated into singular form

Data 23

ST: "Many people started sending me **messages** not only to ask advice**,** but also to express appreciation and gratitude." (Sunim, 2018: 2)

TT: "*Banyak orang yang mulai mengirimi saya **pesan** dan mereka tidak hanya meminta saran, tetapi juga menyampaikan apresiasi dan ucapan terima kasih.*" (Sunim, 2020: 2)

In data 23, the plural form 'messages' was translated into singular form '*pesan*'. In English language, the plural form is usually created by adding the suffix -s or -es into a noun. In contrast, the plural form in the Indonesian language is usually created by repeating the noun or adding a quantifier before the noun. In this case, the translation in the TL did not repeat the word '*pesan*' and there was no quantifier before the word. If the translation maintains the plural form of the SL, it should be '*pesan-pesan*' or '*banyak pesan*'. However, the plural form was not transferred into the TL. In this case, an intra-system shift has occurred in the translation.

3.5.2 Untranslated definite article

Data 24

ST: "**The world** we see is not the entire universe but a limited one that **the mind** cares about." (Sunim, 2018: 10)

TT: "*Dunia yang kita lihat bukanlah keseluruhan alam semesta, tapi hanya terbatas pada apa yang **batin** kita perhatikan.*" (Sunim, 2020: 10)

In data 24, the definite article 'the' was not translated into the TL. This omission happened due to the difference in the linguistic system between the SL and the TL. In the SL context, it is necessary to put an article before a noun. However, the same pattern does not apply in the TL. In the Indonesian language, adding an article before a noun is optional. Therefore, the shift in data 24 can be categorized as an intra-system shift due to different language systems between the two languages.

3.6 Meaning Shift

In addition to shifts in grammatical aspects, there are also shifts in meaning that occur due to changes in perspective or point of view. Meaning shift can occur if a word, phrase, or structure has no equivalent in the TL. In addition, a shift in meaning can be used to clarify the message and create naturalness in the TL (Machali, 2009).

3.6.1 Shift in Point of View

Data 25

ST: "Downcast and heartbroken, **I know you were once me and I was once you**." (Sunim, 2018: 27)

TT: "*Sedih dan terluka, **saya tahu kita semua pernah mengalaminya**.*" (Sunim, 2020: 27)

Data 25 shows an example of shift in point of view. The sentence 'I know you were me and I was once you' has the literal translation '*Aku tahu kamu pernah menjadi aku dan aku pernah menjadi kamu*'. However, the SL sentence is translated into '*saya tahu kita semua pernah mengalaminya*', which means 'I know we have all experienced it.' The meaning shift may have occurred to achieve readability in the TL. The literal translation may cause confusion for the readers, so it is considered necessary to shift the perspective. Therefore, the shift can be applied to clarify the meaning of the SL text.

Data 26
ST: "So today, **I pray for you**." (Sunim, 2018: 27)

TT: "*Oleh sebab itu, hari ini **saya akan berdoa untuk pemulihan kita semua**.*" (Sunim, 2020: 27)

In data 26, the sentence 'I pray for you' means that the author prays for the readers. However, the translation is '*saya akan berdoa untuk pemulihan kita semua*', which means 'I will pray for the recovery of all of us'. The translation shifts the perspective from 'pray for you' to 'pray for all of us'. In addition, the translation also specifies that the prayers are meant for recovery. The shift in point of view may have happened due to the translator's preference.

Data 27
ST: "Let go of the idea that **your way is the only way**." (Sunim, 2018: 37)

TT: "*Singkirkanlah pemikiran bahwa **cara kitalah yang benar**.*" (Sunim, 2020: 37)

In data 27, there was a change in the lexical choice that caused a meaning shift. The literal translation of 'your way is the only way' is '*cara Anda adalah satu-satunya cara*'. However, it was translated into '*cara kitalah yang benar*', which means '*our way is the right way*'. The ST version 'the only way' means that it is the only possible way and there is no alternative to it. In comparison, the translation in the TT '*cara yang benar* (the right way)' implies that even though it is the right way, it might not be the only way and there might be other possibilities. Therefore, the meaning component of 'the only way' has experienced a shift in translation.

Furthermore, there was a change in the use of pronouns from 'your' in the ST to 'our' in the TT. The change might be conducted to make the translation sound more inclusive for the target readers. Different cultural backgrounds might cause variations in the use of pronouns. A culture that values individualism might use pronouns such as "I" and "you" more to emphasize the importance of each individual. In contrast, in a society with a collective culture, such as Indonesia, people feel that they belong to certain groups. Therefore, they might use the pronoun "we" more to show inclusiveness.

4. Conclusion

Based on the analysis, it was found that there were six types of shift in the translation of the book "The Things You Can See Only When You Slow Down". The translation shifts were level shift, structure shift, class shift, unit shift, intra-system shift, and meaning shift. The most dominant translation shift was unit shift, followed by class shift. The shift may be obligatory due to the different linguistic systems between the SL and the TL. Therefore, the shift is necessary and unavoidable. It is conducted to achieve accuracy and acceptability in the TL. In addition, optional shifts occur due to the translator's preference or different cultural backgrounds. It is applied to achieve readability in the TL. This research may serve as a reference for students of translation studies who are interested in learning about translation shifts. Additionally, other researchers could use this research as a reference for further studies. Since this study is limited to the analysis of translation shifts in self-improvement book, further research on translation shifts in different text types are highly suggested.

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