

Nyelvi szorongás szóbeli nyelvi közvetítés során fordító és tolmács szakos hallgatók körében

Tisztelt Kitöltő!

A nevem Marton Andrea, a Sapientia EMTE Csíkszeredai Karának másodéves Fordító és Tolmács mesterszakos hallgatója vagyok. Kutatásom során a fordító és tolmács alap és mesterszakos hallgatók esetlegesen fellépő nyelvi szorongását tanulmányozom tolmácsolási gyakorlatok során.

A kérdőív max. 15 percet vesz igénybe és a kapott adatokat kizárólag kutatási célra, a tudományos dolgozatban használom fel.

Kérjük, segítse munkám minőségi változását, fejlődését azzal, hogy kitölti és elküldi az alábbi anonim kérdőívet!

Köszönöm a segítséget!

* Indicates required question

1. Email *

2. Az Ön neme: *

1 point

Check all that apply.

☐ Nő

☐ Férfi

3. Milyen kor kategóriába tartozik? *

1 point

Mark only one oval.

☐ 18-25

☐ 26-30

☐ 31-40

☐ 41-50

☐ 50+

4. Melyik megyéből származik? *

1 point

Check all that apply.

☐ Hargita

☐ Maros

☐ Kovászna

☐ Other: _____

5. Alap- vagy mesterszakos hallgató? *

1 point

Check all that apply.

☐ Alapszak

☐ Mesterszak

6. Tolmácsolt már valamilyen eseményen? *

1 point

Check all that apply.

☐ Igen

☐ Nem

7. Milyen eseményen tolmácsolt már?

1 point

8. Tapasztalt szorongást tolmácsolás gyakorlatok során? *

1 point

Check all that apply.

☐ Igen

☐ Nem

9. Hogyan nyilvánul meg Önnél a szorongás? *

1 point

Check all that apply.

☐ Izzadás

☐ Makogás

☐ Mentális blokk

☐ Memória zavar

☐ Other:

10. Hogyan kezeli a szorongást? Milyen módszereket használ? *

1 point

Cambridge Placement test

Kérem, töltsék ki a következő angol szintfelmérő tesztet. Sok sikert kívánok!

11.

*

1 point

1.Can I park here?

Mark only one oval.

- ☐ Sorry, I did that.
- ☐ It's the same place.
- ☐ Only for half an hour.

12. 2.What colour will you paint the children's bedroom? *

1 point

Mark only one oval.

- ☐ I hope it was right.
- ☐ We can't decide.
- ☐ It wasn't very difficult.

13. 3.I can't understand this email. *

1 point

Mark only one oval.

- ☐ Would you like some help?
- ☐ Don't you know?
- ☐ I suppose you can.

14. 4.I'd like two tickets for tomorrow night. *

1 point

Mark only one oval.

- ☐ How much did you pay?
- ☐ Afternoon and evening.
- ☐ I'll just check for you.

15. 5.Shall we go to the gym now? *

1 point

Mark only one oval.

- ☐ I'm too tired.
- ☐ It's very good.
- ☐ Not at all.

16. 6.His eyes were bad that he couldn't read the number plate of the car in front. * 1 point

Mark only one oval.

- ☐ such
- ☐ too
- ☐ so
- ☐ very

17. 7.The company needs to decide and for all what its position is on this point. * 1 point

Mark only one oval.

- ☐ here
- ☐ once
- ☐ first
- ☐ finally

18. 8.Don't put your cup on the of the table - someone will knock it off. * 1 point

Mark only one oval.

- ☐ outside
- ☐ edge
- ☐ boundary
- ☐ border

19. 9.I'm sorry - I didn't to disturb you. * 1 point

Mark only one oval.

- ☐ hope
- ☐ think
- ☐ mean
- ☐ suppose

20. 10.The singer ended the concert her most popular song. * 1 point

Mark only one oval.

- ☐ by
- ☐ with
- ☐ in
- ☐ as

21. 11. Would you mind these plates a wipe before putting them in the cupboard? * 1 point

Mark only one oval.

- ☐ making
- ☐ doing
- ☐ getting
- ☐ giving

22. 12. I was looking forward at the new restaurant, but it was closed. * 1 point

Mark only one oval.

- ☐ to eat
- ☐ to have eaten
- ☐ to eating
- ☐ eating

23. 13. tired Melissa is when she gets home from work, she always makes time to say goodnight to the children. * 1 point

Mark only one oval.

- ☐ Whatever
- ☐ No matter how
- ☐ However much
- ☐ Although

24. 14.It was only ten days ago she started her new job. *

1 point

Mark only one oval.

☐ then

☐ since

☐ after

☐ that

25. 15.The shop didn't have the shoes I wanted, but they've a pair specially for me.

* 1 point

Mark only one oval.

☐ booked

☐ ordered

☐ commanded

☐ asked

26. 16.Have you got time to discuss your work now or are you to leave? *

1 point

Mark only one oval.

☐ thinking

☐ round

☐ planned

☐ about

27. 17. She came to live here a month ago. *

1 point

Mark only one oval.

- ☐ quite
- ☐ beyond
- ☐ already
- ☐ almost

28. 18. Once the plane is in the air, you can your seat belts if you wish. *

1 point

Mark only one oval.

- ☐ undress
- ☐ unfasten
- ☐ unlock
- ☐ untie

29. 19. I left my last job because I had no to travel. *

1 point

Mark only one oval.

- ☐ place
- ☐ position
- ☐ opportunity
- ☐ possibility

30. 20.It wasn't a bad crash and damage was done to my car. *

1 point

Mark only one oval.

☐ little

☐ small

☐ light

☐ mere

31. 21.I'd rather you to her why we can't go. *

1 point

Mark only one oval.

☐ would explain

☐ explained

☐ to explain

☐ will explain

32. 22.Before making a decision, the leader considered all of the argument.

* 1 point

Mark only one oval.

☐ sides

☐ features

☐ perspectives

☐ shades

33. 23.This new printer is recommended as being reliable. *

1 point

Mark only one oval.

- ☐ greatly
- ☐ highly
- ☐ strongly
- ☐ readily

34. 24.When I realised I had dropped my gloves, I decided to my steps. * 1 point

Mark only one oval.

- ☐ retrace
- ☐ regress
- ☐ resume
- ☐ return

35. 25.Anne's house is somewhere in the of the railway station. *

1 point

Mark only one oval.

- ☐ region
- ☐ quarter
- ☐ vicinity
- ☐ district

Adapted Foreign Language Classroom Anxiety Scale

Kérem töltsék ki az alábbi, osztálytermi tolmácsolással kapcsolatos, szorongás mérést.

36. Adapted Foreign Language Classroom Anxiety Scale *

33 points

Mark only one oval per row.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I never feel quite sure of myself when I speak in English.	☐	☐	☐	☐	☐
I don't worry about making mistakes during interpreting practices.	☐	☐	☐	☐	☐
I tremble when I know that I'm going to be called on during an interpreting class or practice.	☐	☐	☐	☐	☐
It frightens me when I don't understand what the teacher or my colleague is saying in English.	☐	☐	☐	☐	☐
It wouldn't bother me at all to do more interpreting practice.	☐	☐	☐	☐	☐
During interpreting class or practice, I find myself thinking about	☐	☐	☐	☐	☐

things that have
nothing to do
with the
course/practice.
course/practice.

I keep thinking
that the other
students are
better at
interpreting than
I am.

☐☐☐☐☐

I am usually at
ease during
interpreting
tests or exams.

☐☐☐☐☐

I start to panic
when I have to
speak without
preparation.

☐☐☐☐☐

I worry about
the consequences
of failing during
interpreting.

☐☐☐☐☐

I don't
understand why
some people get
so upset over
interpreting
practice.

☐☐☐☐☐

When I need to
interpret, I can
get so nervous I
forget things I
know.

☐☐☐☐☐

It embarrasses
me to volunteer
answers during
my interpreting
class.

☐☐☐☐☐

my interpreting
I would not be
class.
nervous speaking

English with
I would not be
native speakers
nervous speaking

☐☐☐☐☐

English with
I get upset when
native speakers.
I don't

understand what
I get upset when
the teacher is
I don't
correcting

☐☐☐☐☐

the teacher is
Even if I am well
correcting.
prepared for the

interpreting
Even if I am well
class/practice, I
prepared for the
feel anxious
interpreting
about it.
class/practice, I

☐☐☐☐☐

feel anxious
I often feel like
about it.
not going to my

interpreting
I often feel like
class.
not going to my

☐☐☐☐☐

interpreting
I feel confident
class.
when I need to

interpret during
I feel confident
classes.
when I need to

☐☐☐☐☐

interpret during
I am afraid that
classes.
my language

teacher is ready
I am afraid that
to correct every
my language
mistake I make.
teacher is ready

☐☐☐☐☐

to correct every
I can feel my
mistake I make.
heart pounding

when I'm going
I can feel my
to be called on
heart pounding
during
when I'm going
to be called on
interpreting
class.
during

☐☐☐☐☐

interpreting
The more I
class.
study for a

language test,
The more I
the more
study for a
confused I get.
language test.

☐☐☐☐☐

the more
I don't feel
confused I get.
pressure to

prepare very well
I don't feel
for an
pressure to
interpreting
prepare very well
class/test.
for an

☐☐☐☐☐

interpreting
I always feel
class/test
that the other

students speak
I always feel
English better
than the other
than I do.
students speak

☐☐☐☐☐

English better.
I feel very self-
than I do.
conscious about

speaking English
I feel very self-
in front of other
conscious about
students.
speaking English

☐☐☐☐☐

in front of other
interpreting
students
classes/practices

move so quickly I
interpreting
worry about
classes/practices
getting left
move so quickly I
behind.
worry about

☐☐☐☐☐

getting left
I feel more
behind
tense and

nervous in my
I feel more
interpreting
tense and
class than in my
nervous in my
other classes.
interpreting

☐☐☐☐☐

class than in my
I get nervous
other classes.
and confused

when I am
I get nervous
speaking in front
and confused
of my colleagues.
when I am

☐☐☐☐☐

speaking in front
When I'm on my
of my colleagues.
way to

interpreting
When I'm on my
class, I feel very
way to
sure and relaxed.
interpreting

☐☐☐☐☐

class, I feel very
I get nervous
sure and relaxed.
when I don't

understand every
I get nervous
word the
when I don't
language teacher
understand every
says.
word the

☐☐☐☐☐

language teacher
I feel
says
overwhelmed by

the number of
I feel
rules you have to
overwhelmed by
learn to speak a
the number of
foreign language.
rules you have to

☐☐☐☐☐

learn to speak a
I am afraid that
foreign language.
the other

students will
I am afraid that
laugh at me when
the other
I speak English.
students will

☐☐☐☐☐

laugh at me when
I would probably
I speak English
feel comfortable

around native
I would probably
speakers of the
feel comfortable
foreign language.
around native

☐☐☐☐☐

speakers of the
I get nervous
foreign language.
when the

language teacher
I get nervous
asks questions
when the
which I haven't
language teacher
prepared in
asks questions
advance.
which I haven't

☐☐☐☐☐

prepared in
advance.

Candidate 5

1. What is your first impression about the interpretation?

Very good. I absolutely enjoyed the whole process and also watching it back was amazing. This task really suits me. I don't worry about making mistakes, I always find a way. I didn't even have to choose 3 at all. Why would I be scared? After all I am just a voice inside of someone's ears. There were some parts, of course, when I couldn't find the suitable expressions because there were some specific words, where there were some stops but I resolved it. I found a way.

2. Did you have parts where you chose 0? Do you have times when you have 0 anxiety in your life in general?

These were parts where I resolved the situation beautifully and the sentences were as they supposed to be. I chose 3 at obvious and basic parts of the text.

3. When did you choose nr.1?

I chose 1 when I blocked a bit and needed to think.

4. When did you choose nr.2?

I chose 2 because of the pause...because of the silence which needed to be filled in.

5. When did you choose nr.3?

I didn't need 3.

6. Did it happen that you would choose higher than 3?

-

7. What kind of factors trigger your anxiety? (presenter, circumstances, difficult or unknown words, tiredness)

I'm already used to the circumstances and the technological part of interpretation as well. Nothing bothered me.

8. What methods do you use to deal with situations with the highest anxiety rate?

I replace, I explain or describe things which at that moment I cannot interpret or I don't know at all. Maybe it's a shame not to know certain things but it is how it is. After all, I'm just a voice in someone else's ears.

9. Did you learn these methods or you developed it yourself?

If I make mistakes I can let it go. It doesn't affect me in the interpretation process.

10. What gives you peace in an interpretation process?

It gives me peace when I say a whole, nice sentence in the target language and I feel that I am interpreting in a proper way. Like a professional.

12. Do you feel relief at the end?

13. Would you add something?

It was a pleasure to watch myself back. I was smiling the whole time. I don't like my voice that much but it was a good experience. Even when I make mistake, I am just a man.

Candidate 3

1. What is your first impression about the interpretation?

First it was not so bad but after a few minutes I started to feel like my mind is empty and I cannot recall words. At this point I always focus so much on a certain word that I forget to concentrate on what is being said in the meantime...and then I lose it. It also happens that I somehow I catch a word and then I get back in the flow. Then when I listened to myself and I heard that I used 'people is' or 'peoples' I started to think that I have a lot to learn in English.

2. Did you have parts where you chose 0? Do you have times when you have 0 anxiety in your life in general?

I never had a 0 state, it's the same in life. With family, relationship, university, friends ...anxiety is always present.

3. When did you choose nr.1?

I chose one when it was going kind of well the interpretation.

4. When did you choose nr.2?

I chose 2 when I started to feel that I'm losing control.

5. When did you choose nr.3?

I chose 3 when I lost it and I froze and I couldn't continue. I chose 3 at pauses.

6. Did it happen that you would choose higher than 3?

I made some comments while I was frozen because I was angry with myself. In that situation I would have given higher than 3. At this point I have bad mimics and I try to give it up. But I'm the same in life.

7. What kind of factors trigger your anxiety? (presenter, circumstances, difficult or unknown words, tiredness)

My anxiety was the trigger for me. Maybe the specific words...those were also triggers.

8. What methods do you use to deal with situations with the highest anxiety rate?

I try to leave out a word I cannot recall. Or I replace or rephrase.

9. Did you learn these methods or you developed it yourself?

I didn't learn any strategies. It would be good to teach this for interpreters, I think.

10. What gives you peace in an interpretation process?

If I gain back the rhythm it gives me peace.

12. Do you feel relief at the end?

Yes, I feel it. But then I start to get anxious that it didn't turn out the best.

13. Would you add something?

Nothing.

Candidate 10

1. What is your first impression about the interpretation?

At the beginning I felt anxious mostly, at specific words and phrases which I didn't know how to translate but I tried to find a good translation for it which doesn't sound basic but sounds professional.

2. Did you have parts where you chose 0? Do you have times when you have 0 anxiety in your life in general?

I chose 0 in situations when I knew straight away how to translate sentences so I didn't need to think too much. It was not challenging.

3. When did you choose nr.1?

4. When did you choose nr.2?

Afterwards there were situations where I needed to think a bit more but it was nothing serious still.

5. When did you choose nr.3?

I chose 3 at parts where I felt like I'm in trouble and I was using öööö too much.

6. Did it happen that you would choose higher than 3?

At this interpretation no. I had harder texts than this before.

7. What kind of factors trigger your anxiety? (presenter, circumstances, difficult or unknown words, tiredness)

The presenter was not talking too fast, it was easy to follow her. It didn't bother me that the interpretation was recorded. It would have bothered me more if it had been a live, face-to-face interpretation.

8. What methods do you use to deal with situations with the highest anxiety rate?

In these situations, I take a bit too much time to think about a certain thing. Sometimes I repeat things or I add something to that pause so I win some time. In case of a specific word I try to find a creative alternative. Or I generalize for example instead of a certain mineral I say minerals.

9. Did you learn these methods or you developed it yourself?

We talked about this but I think there is not one rule for everyone. Each individual needs to find his/her own coping method.

10. What gives you peace in an interpretation process?

At the beginning I feel more pressure but slowly it goes away. When I feel like the interpretation goes well and I find good solutions it gives me peace. Sometimes I make notes. Not numbers because that confuses me, but names for example. I write down a number, for example, and then I lose track until I write it down and say it too.

12. Do you feel relief at the end?

Yes, I do. Towards the end there were also pauses but I was feeling much better.

13. Would you add something?

I used marks when I shook my head at certain parts where I felt like I ruined something. Or I marked when I lifted my eyebrows or where I could see that I went into a deep thought, so at the too obvious mimics.

Candidate 12

1. What is your first impression about the interpretation?

Honestly, the text surprised me a bit, the topic. As I look at the graph I can see that in the beginning and at the end it was pretty okay. In the middle, there were numbers, percentages and vitamin and mineral names I just generalised and simplified. These were the most stressful situations. I put a marker when in the middle somewhere I started to play with my hair and looked away, closed my eyes and I just tried to focus. In the beginning I was looking at the screen too much so I just closed my eyes. Then at the end I was looking at the camera too much.

2. Did you have parts where you chose 0? Do you have times when you have 0 anxiety in your life in general?

I chose 0 when I felt like I understood the text and I could pass the information easily.

3. When did you choose nr.1?

I was pretty constant because I never knew what to expect so I was in this basic anxiety state.

4. When did you choose nr.2?

I chose 2 when I really got stuck with something or I resolved a situation somehow but I felt the frustration in my voice or I could see it on myself.

5. When did you choose nr.3?

-

6. Did it happen that you would choose higher than 3?

-

7. What kind of factors trigger your anxiety? (presenter, circumstances, difficult or unknown words, tiredness)

I liked the topic, it was interesting. But the specific terminology bothered me. The presenter was good. Maybe I was a bit anxious that I knew I'm being recorded just because I didn't want to act inappropriate for the situation but I would say 90% of the triggering factor was the text itself.

8. With what methods do you deal with situations with the highest anxiety rate?

Maybe I deal with it with something physical like the closed eyes or playing with my hair or just try to forget about the outside factors.

9. Did you learn these methods or you developed it yourself?

The closed eyes I learnt in school and that we shouldn't look at the screen.

10. What gives you peace in an interpretation process?

If I feel like I understand the text and the topic is familiar to me, it gives me peace.

12. Do you feel relief at the end?

Yes, I smile and feel relieved.

13. Would you add something?

-