

The Difficulties of Translating English Health and Medical Idioms into Arabic

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Abstract

This study aimed at identifying challenges that translators encounter during rendering English health and medical idioms (hereafter HMI) into Arabic. It also hypothesises that the type of idioms, the use of techniques, health and medical knowledge, and the translator's expertise and ability with health and medical idioms assist in understanding the meaning of these idioms, and appropriate translations will be presented. Moreover, there is a theoretical background, which introduces a literature review on the notion of idioms and their types, characteristics, challenges and a brief account of health and medical idiom translation and language; then a concise consideration of the relationship between idioms and culture and among idioms and other relevant concepts such as metaphor, proverbs, and collocation; the role of context in translating idioms. Furthermore, the practical section of the study is the data used for analysis, which consists of 5 HMIs taken from the internet. The chosen of these idioms is based on Moon's (1998) model of idioms; either they are transparent, semi-transparent, or opaque. Also compare with the Newmark (1988) model whether semantic or communicative strategy. Finally, this research reveals the findings of this study: the nature of the idiom positively influences the translation of health and medical idioms, and they also reveal that familiarity and experience with these idioms assist in inferring their senses and therefore appropriately rendering them. The study also shows that understanding contexts and cultural knowledge is essential for accurate translation.

Keywords:(Health and Medical Idioms, idiom translation, translation difficulties).

ترجمة التعبيرات الاصطلاحية الصحية والطبية الإنجليزية إلى العربية صعوبات

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الملخص

هدفت هذه الدراسة إلى تحديد التحديات التي يواجهها المترجمون أثناء ترجمة التعبيرات الاصطلاحية الصحية والطبية الإنجليزية إلى العربية. كما تفترض أن نوع التعبيرات الاصطلاحية، واستخدام التقنيات، والمعرفة الصحية والطبية، وخبرة المترجم وكفاءته في استخدامها، كلها عوامل تساعد في فهم معانيها، وسيتم تقديم ترجمات مناسبة. علاوة على ذلك، تتضمن الدراسة خلفية نظرية، تتضمن مراجعة للأدبيات حول مفهوم التعبيرات الاصطلاحية وأنواعها وخصائصها وتحدياتها، بالإضافة إلى عرض موجز لترجمة التعبيرات الاصطلاحية الصحية والطبية واللغة؛ ثم دراسة موجزة للعلاقة بين التعبيرات الاصطلاحية والثقافة، وبين التعبيرات الاصطلاحية والمفاهيم الأخرى ذات الصلة مثل الاستعارة والأمثال والتراكيب؛ ودور السياق في ترجمة التعبيرات الاصطلاحية. يتناول الجزء العملي من الدراسة المستخدمة للتحليل، والتي تتكون من 5 التعبيرات الاصطلاحية مأخوذة من الإنترنت. يعتمد اختيار هذه التعبيرات الاصطلاحية على نموذج مون (١٩٩٨) للتعبيرات الاصطلاحية؛ سواء كانت شفافة، أو شبه شفافة، أو معتمة. قارنها أيضًا بنموذج نيومارك (١٩٨٨) فيما يتعلق بالاستراتيجية الدلالية أو التواصلية. وأخيرًا، يكشف هذا البحث عن نتائج هذه الدراسة: أن طبيعة التعبير الاصطلاحية تؤثر إيجابًا على ترجمة التعبيرات الاصطلاحية الصحية والطبية، كما يكشف أن الإلمام بهذه التعبيرات وخبرتها يُساعدان على استنتاج معانيها، وبالتالي ترجمتها بشكل صحيح. كما تُظهر الدراسة أن فهم السياقات والمعرفة الثقافية أساسيان للترجمة الدقيقة. الكلمات المفتاحية: (التعبيرات الاصطلاحية الصحية والطبية، صعوبات الترجمة).

1. Introduction

The translation field is facing many problems when translating between two unrelated languages. One of the main problems and hardest translations is translating idioms, particularly health and medical idioms (hereafter HMI) translation, due to the lack of the culture and health knowledge of the source and target languages by translators in order to render the accurate meaning of these types of idiomatic expressions. Translators must use certain strategies to convey the meaning from the source language into the target language. These translation issues may cause the loss of the intended meaning, mutilation of vital health information, and even possible hurt in medical settings. For instance, idiomatic phrases which are usually grasped by native English speakers may be inequivalent in Arabic or may be interpreted differently because of cultural differences.

This raises a major challenge for translators who must be linguistically specialist, culturally mindful, and familiar with domain-specific terms.

This study aims at achieving the objective, such as exploring the ability of participants to translate English HMI into Arabic. Identifying strategies, methods, and techniques used in translating the selected HMI. Identifying errors committed by participants and problems facing them through HMI. Finding solutions to those problems.

Then, this study hypothesized that participants introduced differing abilities in translating English HMI into Arabic, impacted by their language competence level and familiarity with idioms. Participants employ a variety of translation strategies, with the most common being literal translation, paraphrasing, and Arabic idiomatic equivalents. The most translation problems arise from cultural and linguistic unfamiliarity and a lack of the idiomatic meaning of HMI. Focused practice and exposure to HMI reduce the common errors and improve translation accuracy.

The current study's significance shows that the rendering of HMI plays a crucial part in the process of translation. This research could be useful for everyone who desired to translate medical linguistics and idioms.

2. The Notion of idioms

Idioms are hard to define and culturally distinctive. Idiomatic expressions are a natural aspect of language use, often used in speeches and writings. These colloquial metaphors require knowledge and experience in both the target and source languages, and translators must have a deep understanding of both texts' cultural backgrounds. The following are some illustrative examples:

- (1). “to kick the bucket”. Means die (to express negative meaning)
- (2). “to spill the beans” means (reveal a secret).

Moreover, “the use of familiar words in an unfamiliar sense” is what Paul (1968: 1) defines as an idiomatic phrase. In other words, Paul refers to the semantic properties of an idiomatic phrase. The phrase “kick the bucket” uses the familiar units “kick” and “bucket,” although they have quite different meanings from kick and bucket.

Newmark (1988:104), who views idioms as "extended" metaphors, they serve two primary purposes: pragmatic and referential. The referential purpose is "to describe a mental process or state, a concept, a person, an object, a quality, or an action more comprehensively and concisely than is possible in literal or physical language," whereas the pragmatic purpose is to engage the senses, to astonish, to delight, and to surprise.

In A Corpus-Based Approach, Moon (1998: 3) defines an idiom as "an ambiguous term, used in conflicting ways." In everyday speech, idioms have two main meanings. Idioms can be defined as either a lexical collocation or phrasal lexeme that is specific to a language or as a distinctive way of expressing something in language, music, or art that sets a person or group apart.

Idioms, according to Heacock (2006: 2), are words whose meanings are totally separate from those of their component terms. Idioms appear to be handled differently in spoken language than in written language, he claims.

The Oxford Advanced Learner's Dictionary (2010) describes idioms as a group of lexical items whose meaning variant from their lexical term's meanings: „let the cat out of the bag“ is an idiomatic expression meaning „to tell a secret by mistake“.

Idioms are a group of words that function as a single entity, but due to their semantic restriction, they are complex lexical items and cannot be incidental from their words alone.

3. Types of Idioms

English scholars have made significant efforts to categorize idiomatic expressions in English. They have classified idioms into various types depending on their grammatical function, the image reflected by idioms, the portrayal of an emotion or notion, and other factors.

Palmer (1981: 80-81) identifies two types of idioms, they are:

1. Phrasal verb: they are among the most prevalent idioms in the English language. It combines the following: verb plus adverb, preposition plus verb, and adverb and preposition, for example:

(3). The phrase "make up, give up, and put down" means, in turn, "to excuse someone, to stop trying to achieve something, and to make someone seem silly with an unkind remark."

2- Partial idioms: There are what are referred to as partial idioms, where one of the words has its regular meaning and the other has a meaning specific to the odd sequence. For example:

(4). "Red hair" makes reference to hair, but not red hair in the strictest sense.

Cacciari and Tabossi (1993: 17) indicate that idioms can be divided into three classes, as opaque idiom, clear idiom, and quasi- figurative idiom.

Fernando (1996: 32-36) classified idioms into three sub-groups: pure idiom, semi-idiom, and literal idiom.

According to Moon (1998: 4), there are four types of idioms. They are listed in the following order:

1. Transparent idioms: These kinds of idioms have meanings that are fairly close to the literal meanings of the idioms' combinations, thus one may construe an idiom's meaning from the meaning of its component components. For example:

(3). "See the light" means "To understand".

2. Semi-transparent idioms: This type of idioms has metaphorical meanings, which means that understanding the individual components of an idiom will not fully convey the phrase's entire meaning. As an example:

(4). "break the ice" means "To relief the tension".

3. Semi opaque idioms: The meaning of this category of idioms is not connected to the meaning of the individual words that contain them. In this context, the meanings of idiomatic expressions are two distinct elements: literal and metaphorical. For example:

(5). “to know the ropes” means “To know how a particular job should be done”.

4. Opaque idioms: The meaning of these idioms is difficult to grasp because the constituents of the idioms have cultural connotations that are not close to the literal meaning. These idioms are hard to understand because their constituents have cultural meanings that are dissimilar from their literal meanings. For example:

(6).”to burn one’s boat” means “To make retreat impossible”.

4. Characteristics of Idioms

Cowie, A. P., Mackin, R. & McCaig, R. (1975: viii, 122) define an idiom as an expression of two or more words that has "more than one minimal free form or word.". Then Mustonen (2010: 23) emphasises this quality that Strässler (1982) approve with Fernando’s attitude (1996) that idioms consist of at least two words.

Fernando (1996:3-7) recognizes three characteristics of idioms, which include the following:

1.Institutionalisation: It indicates the fact that idiomatic expressions are conventionalized, deep-rooted, and fixed so as to fulfill the criteria of being an idiom.

2.Compositeness: Idioms are commonly accepted as a type of multi-word expressions like (red hair) though a few scholars (Hocket, 1985) accepted that a function similar to single-word idiomatic expressions such as:

(7). “Backslider” means “a lazy or irresponsible person who doesn’t support a combined effort”

3.Semantic opacity: This type considered as the most commonly referred characteristic of idioms. This feature means that an idiom is not equal to the sum of its elements.

Furthermore, Baker (2011: 67) too suggests that translators must take into account several particular characteristics of an idiom, which are the following characteristics:

1. Change the order of the words of an idiom. The way the words are put together is fixed and they cannot change their place.
2. The word in an idiom cannot be omitted.
3. There are no extra words that might be added to an idiom.
4. No word in an idiom can be replaced by another word.
5. The grammatical structures of an idiom cannot be changed.

5. Challenges of Translating Idiom

Newmark (1988: 28) states that it is very difficult to match the meaning to its equivalent, especially when translating idioms. In addition to grammatical issues, he asserts that the translator also has to deal with lexical problems, including words, idioms, and collocations.

Awwad (1990: 58) lists two main difficulties which translators have during translating idioms: First, the intention of the speaker or writer is misinterpretation. Second, the way idioms are utilized in different languages varies depending on the culture.

Baker (1992,65), illustrates the main translation difficulties posed by idiomatic and well-known idioms fall into two categories:

1. The capacity to recognize idioms and translate them effectively.
2. The difficulties of translating various facets of an idiom or fixed expression's meaning into the target language.

Al Zahrani (2018:5) asserts that translating idioms is difficult due to their deep ties to the culture and history of the society in which they are used. Translators need a solid understanding of idioms and a good cultural foundation in order to provide a clear, accurate, and correct translation.

The process of translating is much more difficult due to the cultural differences between the source language and the target language.

The challenges of translating English health and medical idioms into Arabic generally include:

1. Cultural and religious sensitivity gap: differences between Arabic and English cultures caused misunderstandings during the translation of an

idiom. HMI in English are often informal, humorous, or ironic, but in Arabic, talks of sickness and death are often more formal or respectful, considering religious and social rules, which may not be equivalent with the English expression. For instance, (8) “kick the bucket” (to die) has no clear equivalent in Arabic culture. Arabic uses expressions like “توفاه الله”, which means God took him, or “انتقل إلى رحمة الله”, meaning he passed to God’s mercy.

2. Linguistic variations: English and Arabic vary significantly in terms of syntax, morphology, and even phraseology. Literal translations of idioms frequently result in illogical or misleading statements. For instance: (9) To have cold feet – الخوف أو التردد literally translated would sound illogical in Arabic.

3. Equivalents absence: Most English HMI have indirect Arabic equivalents. Literal translation findings in meaningless or confusing expressions.

4. Register differences: Idioms may be used casually in English but require a more formal tone in Arabic translations, especially in professional or public health contexts.

Translating health and medical idioms from English into Arabic is a challenging task that requires a profound comprehension of each cultural context and language system. Translators should be practised at identifying idioms and explaining their meanings properly, then apply techniques such as functional translation, paraphrasing, or cultural replacement to provide clear and culturally suitable translations.

6. Translation of English Health and Medical Idioms

Idioms are utilised every day unconsciously and cause misapprehension among the speakers, particularly in a state of translingual. HMI has a crucial role in transferring meaning beyond the literal level, usually reflecting deep-rooted cultural values, social and health practices, body parts, physical conditions, and other medical ways. As Itō (1993) states that “idioms constantly cause communication breakdowns”, thus Liu (2012) regards idioms as part of culture-specific

items. It refers to the one thing that means the idioms' meanings are the cause of misinterpretation with non-native interlocutors.

Ghazzala (1995) said, "Scientific translation is mainly about translating terms in the field of science and technology of all kinds, medicine, physics, and chemistry, mathematics, and computer sciences...from one SL into TL." Scientific translation aims to convey scientific information from the source language into the target language. Health and medical idiom translations are a part of scientific translation due to HMIs being a significant linguistic and cultural phenomenon in English that offer colorful, figurative means to debate life stages, health, physical condition, bodily emotions, clinical practices, the anatomy, illness and treatment.

Nida (1984) explains that it is hard to translate scientific terms that appeared in Western-developed countries' languages into a language of third world countries which are still having financial and social problems. Montalt (2012) said that medical translation is one of the most energetic kinds of professional translation. Translating such idioms into Arabic shows a complex difficulty because of cultural, religious, linguistic, and conceptual variations. This study investigates the nature of English health and medical idioms, the certain difficulties they make while translated into Arabic, and the strategies applies to overcome these difficulties.

7. Idiom and Relevant Concepts

English idioms, like metaphors, collocations, proverbs, phrasal verbs, and so on, interfere with other concepts due to they share characteristics, including the use of language metaphorically. These words will be explained, and the differences between them and idioms will be illustrate.

7.1 Idiom and Metaphor

Lakoff & Johnson (1980: 5) indicate that metaphor is simply a figure of speech wherein two things are compared by stating that one is another, without using any words like "like" or "as", while the latter

maintains that metaphor is both a figure of speech and a mechanism of knowing another thing.

Metaphor, according to L bner (1991: 19), is the employ of ideas, concepts, models, and imagery from the source domain to describe objects in the target domain. Metaphors typically produce new concept in the target domain that is identical to the original concept in the source domain in that it includes some, but not all, of the source concept.

Moon (1998: 19, 22-23) distinguishes metaphors as a subtype of fixed expression and divided them into three types: transparent (behind someone's back), semi-transparent (grasp the nettle), and opaque (behind someone's back).

7.2 Idiom and Proverb

Al-Qassimi (1979: 31) claims that there are only a few words which make up proverbs and idiomatic expressions. The wisdom which repeatedly reflect a timeless or universal truth, is found in proverbs but absent from idiomatic expressions.

Norrick (1985:78) summarizes the proverb in concise words as "proverb is a traditional, conversational, didactic genre with general meaning, a potential free conversational turn, preferably with figurative meaning."

Mieder (2004: 2) states that a proverb is "an expression which owing its birth to the people, testifies its origin in form and phrase". He (ibid., 3-4) also indicates that proverbs are clearly full of experience, wisdom, common sense, and truth, and they account for ready-made traditional strategies in oral speech actions and writings from high literature to the mass media across a range of genres.

7.3 Idiom and Collocation

Sinclair (1966: 13) suggested that lexical items may be characterized by their collocational surroundings, or grammatically determined choices. He marked collocation as a part of an idiom.

Oxford Collocations Dictionary for Students of English (1983: vii) describes collocations as "the way words combine in a language to

produce natural sounding speech and writing", for example: strong wind but heavy rain'.

Bussmann (1996: 200) mentions that the collocation concept is proposed by Firth in his theory of linguistics in order to appointment different term combinations that have stimulated an idiomatic semantic connection that keeps their recurrent co-occurrence.

Binza and Bosch (2012: 184) asserts that the main semantic difference between collocations and idioms is that collocations are lexical units, while idioms are single lexical items in combination.

8. Idiom and Culture

Translating idioms from one language to another can be difficult across cultural boundaries. Every language has its idioms, which are present in great quantities in the majority of languages. Also, culture has a significant role in the idiom's explanation passage.

According to Newmark (1988: 94), culture is a way of life which is unique to a society that communicates through a certain language.

It is difficult to translate meaning from one culture to another because a variety of cultural differences. Different cultures include those setups on geography, social interaction, religion, material affection, and language. For instance, as Aziz and Muftah (2000: 90) refer that Arabic speakers who use expressions or idioms which describe the nature of their area, such when they receive good news, will say:

هذه الأخبار أتلتجت صدورنا. While people from English area say:

(10). This news warmed our heart.

There is a variation in how positive news is expressed because of the nature of these two geographical areas (English and Arabic). Arabic people enjoy cool temperatures because they are a reflection of the hot climate in which they reside. In another hand, English enjoy heat because it reflects the chilly climate of their region.

Colin (2005: 5) explains that due to their own cultures, attitudes, and social practices, languages differ from one another. Idiom users have a

unique cultural lifestyle; thus, this also applies to idiom usage, which influencing the way they employ sayings, collocations, and proverbs.

Arabic and English belong to two different language families and contexts. English belongs to the Indo-European languages, while Arabic belongs to the Semitic languages. They are two foreign languages and culturally unrelated. In addition, non-linguistic elements such as geography, religion, and different ideologies make it difficult to understand and translate idiomatic pairings from Arabic to English and vice versa.

9. Idiom and Context

Leech (1974: 78) refers to context as the most crucial reason in spoken expression, which is defined as something that must be associated with what "we happen to know about the state of the universe at the time the linguistic expression under consideration was uttered."

10. Methodology

This point introduces the procedures and the methods used in this study. It includes the models that were employed in this study and explains how data are collected and then analysed.

10.1 Research Design

The research design reflects the style of this study and the entire framework and outline of how to obtain the results and answer questions that pertain to this study. Then, it indicates how the analysis of the samples is dependent on the chosen procedures. Hence, it provides the manner of the data collected and how it was analysed to achieve the goal for which the study is held for these procedures. Initially, it examines the strategies used by the subjects in rendering five health and medical idioms from English into Arabic and is followed to illustrate the HMI translation gap between SL and TL and solution manners.

10.2 Procedures and collection of data

The steps adopted in this study are presented as follows:

- 1- The HMI used as our study data are taken from different internet sites.
2. The analysis of the data is performed in the form of tables.
3. The HMIs which are selected to represent the data for the different types of idioms are transparent, semi-transparent and opaque.
4. The data used in this study are distributed among particular subjects to be translated into Arabic.

SL Text				TL Texts		Strategy of Translation		Appropriateness
Health and Medical Idiom	Type			Subject	Translation	Semantic	Communicative	
	Transparent	Semi transparent	opaque					
go under the knife	-	-	+	1	يوضع تحت السكين	+	-	-
				2	للخضوع لعملية جراحية	-	+	+
				3	السكين على رقبتة	+	-	-
				4	تحت رحمة أحد ما	-	+	-
				5	تحت استخدام السكين	+	-	-

10.3 Models Adopted

In this study, two models are used which are translation models suggested by Newmark (1988); two strategies are suggested, semantic and communicative. The second one is the linguistics model proposed by Moon (1998), in which three categories are suggested, namely, transparent, semi-transparent, and opaque.

11. Data Analysis

It proved a large outline of the findings resulted from analysing and comparing the various sample translations of the health and medical idioms.

SL Text (1):

" Henry lives in deep fear of having to **go under the knife.**"

TL Texts:

- 1- هنري يعيش في خوف عميق من أن يوضع تحت السكين
- 2- هنري يعيش في خوف شديد من الاضطرار للخضوع لعملية جراحية
- 3- يعيش هنري في حالة خوف كبيرة حيث ستكون السكين على رقبته
- 4- يعيش هنري في خوف دائم من انه سيضطر ان يكون تحت رحمة احد ما
- 5- هنري يعيش في خوف كبير من ان يكون تحت استخدام السكين

Text Analysis (1):

Discussion (1):

The meaning of this idiom, "go under the knife", is "to have a medical operation or procedure, as in undergoing surgery when anybody needs it as a part of treatment and recovery or to fix a sickness problem". Here in this example category of the HMI (to go under the knife) is semi-transparent. As for the subjects' translations, it seems that the subject 2 succeeded in translate health idiom to convey exact meaning into Arabic as (للخضوع لعملية جراحية) and most effective, while the subjects 1, 3, 4, and 5 failed in their renderings in his/her translation when s/he translated the HMI into (تحت استخدام السكين، تحت رحمة أحد ما، السكين على رقبته يوضع تحت السكين،) (1). The subjects 1, 3, and 5 adopted a semantic strategy in their renderings; accordingly, all translations can be regarded as inappropriate because they failed to give an appropriate equivalent. On the other hand, subjects 2 and 4 adopted communicative translation in their translating, which the former regarded as appropriate due to clear, idiomatic rendering, and medically

accurate, but the latter is inappropriate due to unnatural and ambiguous rendering.

SL Text (2):

"She went to exercise in order to lose her **spare tyre** quickly. "

TL Texts:

- 1- ذهبت لممارسة التمارين لتتخلص من وزنها الزائد في بطنها بسرعة -
- 2- ذهبت لتمارس التمارين الرياضية لكي تتخلص بسرعة من الكرش الزائد -
- 3- هي ذهبت لأجراء تمارين لتذيب شحومها الزائدة بأقرب وقت -
- 4- هي تؤدي التمارين لكي تتخلص من الوزن الزائد بسرعة -
- 5- ذهبت لكي تمارس الرياضة لفقدان جزء من وزنها -

Text Analysis (2):

Discussion (2):

In this sample, the meaning of the health idiom "spare tyre" is "metaphorical and informal, usually referring to someone who is obese or

SL Text				TL Texts		Strategy of Translation		Appropriateness
Health and Medical Idiom	Type			Subject	Translation	Semantic	Communicative	
	Transparent	Semi transparent	opaque					
spare tyre	-	-	+	1	وزنها الزائد في بطنها	-	+	+
				2	الكرش الزائد	-	+	+
				3	شحومها الزائدة	-	+	+
				4	الوزن الزائد	-	+	+
				5	جزء من وزنها	-	+	-

has extra fat around the waistline or midsection, looking like the shape of a

spare tyre”. This idiom is categorised under the opaque type. All the subjects succeeded in rendering the meaning into Arabic to grasp the equivalent of the original idiom and adopted a communicative strategy. All of them were regarded as appropriate because of the subject's rendering being clear and near to the source text, except subject number 5. Subject 2 is the most culturally and idiomatically appropriate.

SL Text (3):

"My grandmother is 90 years old; she is **as fit as a fiddle.** "

TL Texts:

- 1- جدتي تبلغ ٩٠ عامًا، إنها **بصحة مثل الكمان**
- 2- جدتي تبلغ من العمر ٩٠ عامًا؛ ومع ذلك فهي **بصحة ممتازة**
- 3- جدتي تبلغ من العمر ٩٠ عامًا، هي رائعة **كآلة الكمان**
- 4- عمر جدتي ٩٠ سنة وهي **رشيقة القوام**
- 5- تبلغ جدتي من العمر ٩٠ عامًا وهي **رشيقة جداً**

Text Analysis (3):

Discussion (3):

This sample means “to be in excellent health, strong, and physically fit”. This health idiom is opaque. Subjects 1, 3, 4, and 5 failed to convey

SL Text		TL Texts		Strategy of Translation		Appropriateness		
Health and Medical Idiom	Type			Subject	Translation		Semantic	Communicative
	Transparent	Semi transparent	opaque					
as fit as a fiddle	-	-	+	1	بصحة مثل الكمان	+	-	-
				2	بصحة ممتازة	-	+	+
				3	كآلة الكمان	+	-	-
				4	رشيقة القوام	-	+	-
				5	رشيقة جداً	-	+	-

the meaning from ST, and the translating of this idiom does not capture the nuance of exact meaning. Subject 2 achieved rendering the health idiom into Arabic as (بصحة ممتازة) and adopted a communicative strategy which preserves the meaning and tone of the idiom, and it is regarded as appropriate for clear and accurate translation. Subjects 1 and 3 adopted a semantic strategy and were regarded as inappropriate because of the misleading and unnatural rendering. Communicative strategy adopted by subjects 4 and 5 and regarded as inappropriate due to translation focuses on appearance more than health condition.

SL Text (4):

SL Text				TL Texts		Strategy of Translation		Appropriateness
Health and Medical Idiom	Type			Subject	Translation	Semantic	Communicative	
	Transparent	Semi transparent	opaque					
blacked out	-	+	-	1	اسود وجهها	+	-	-
				2	أغمي عليها	-	+	+
				3	انهارت	-	+	-
				4	أغمي عليها	-	+	+
				5	فقدت وعيها	-	+	+

"When Lily got the news about her losing her job, she **blacked out** directly. "

TL Texts:

- 1- عندما حصلت ليلي على الخبر عن فقدانها للعمل اسود وجهها
- 2- عندما وصل خبر فقدان ليلي لوظيفتها، أغمي عليها فوراً
- 3- عندما تلقت ليلي خبر فقدانها لوظيفتها انهارت مباشرةً
- 4- عندما تلقت ليلي الاخبار عند فقدانها لوظيفتها أغمي عليها مباشرةً
- 5- عندما تلقت ليلي خبر خسارة وظيفتها، فقدت وعيها

Text Analysis (4):

Discussion (4):

The meaning of this HMI “blacked out “is “to faint or lose somebody’s consciousness “. This health idiom is semi-transparent. Subject 1 failed in his/her translation to render meaning into Arabic with (اسود وجهها), which adopted a semantic strategy and was regarded as inappropriate because the subject conveyed literally into Arabic and misleading meaning. All other subjects (2, 3, 4, and 5) succeeded in rendering the meaning into Arabic with the target text (انهارت، اغمي عليها، (فقدت وعيها، أغمي عليها), which adopted a communicative strategy and was

SL Text			TL Texts		Strategy of Translation		Appropriateness	
Health and Medical Idiom	Type			Subject	Translation	Semantic		Communicative
	Transparent	Semi-transparent	opaque					
under the weather	-	-	+	1	مريضاً	-	+	+
				2	مريضاً	-	+	+
				3	ظروفه قاسية	-	+	-
				4	وعكة صحية	-	+	+
				5	منشغلاً جداً	-	+	-

regarded as appropriate due to the clear, accurate, precise, and formal rendering of this idiom, other than number 3 because the meaning of "انهارت" is not clear and refers to emotional and physical reactions, not loss of consciousness. The best translation recommendation is subject 2, which clearly, naturally, and idiomatically conveyed the loss of consciousness implied by “blacked out “.

SL Text (5):

"My boss has been under the weather all week and has not come to work during that time. "

TL Texts:

- 1-مديري كان مريضاً طوال الأسبوع ولم يأتِ إلى العمل-
- 2- كان مديري مريضاً طوال الأسبوع ولم يأتِ إلى العمل خلال هذه الفترة-
- 3-مديري كانت ظروفه قاسية طوال الاسبوع، وغاب عن العمل طوال هذه الفترة-
- 4- رئيس في العمل كان لدية وعكة صحية علي مدي الاسبوع ولم يأتِ للعمل طوال هذه المدة-
- 5- كان مديراً منشغلاً جداً لذلك الاسبوع ولم يأتِ الى العمل خلال تلك الفترة-

Text Analysis (5):

Discussion (5):

As appears in this HMI (under the weather), the meaning is “a polite way to say someone is not feeling well but doesn’t mean severely sick; they are just slightly ill or unwell, which is enough to affect normal activity.” This health idiom is categorised under opaque type. Subjects 1, 2 and 4 succeeded in conveying the meaning from source text into target text with their translation expression (مريضاً، مريضاً، وعكة صحية)، which adopted a communicative strategy, and they are regarded as appropriate equivalents because of their naturalness, accuracy, clarity and fluency. Subjects 3 and 5 failed to render the meaning in translating into Arabic (منشغلاً جداً- ظروفه)، which adopted a communicative strategy and was regarded as inappropriate due to incorrect translation that distorts the idiom’s meaning and doesn’t reflect the original meaning entirely.

12. Conclusions

The following are the key conclusions achieved in the current study:

- 1- The analysis reveals that the nature of an idiom has a major effect on grasping the meaning of the idiom and contributes to making more precise translations.
- 2- Through the analysis that was reached, contexts are explained to be basic for understanding health and medical idioms, causing the enhancement of the effectiveness of their translation to be adequate.

- 3- Experiences in health and medical language support improved translation and help guarantee accurate translation results.
- 4- Additional factors, such as cultural knowledge and familiarity with idiomatic usage of health and medical idioms in both the source language and the target language, have a crucial role in improving translation appropriately.
- 5- This study's analysis reveals that in this work the most used strategy is communicative strategy compared to semantic one. The subjects use this strategy because it conveys the meaning of the idiom clear and idiomatically.

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