

# A Study of English Translation Strategies from the Perspective of Cognitive Linguistics

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**Abstract:** For English translation, it means to express English orally or orally on the basis of understanding the meaning of the original text, which is a communicative way to change the target language. By using relevant theories in cognitive linguistics, English translators can more accurately understand and grasp the contents of the original text, such as humanistic quality, cultural connotation and background knowledge. In order to further improve the effect and quality of English translation, this paper mainly analyzes English translation strategies from the perspective of cognitive linguistics, hoping to provide some help for relevant people.

## 1. Introduction

As for cognitive linguistics, it reflects the cognitive characteristics of human beings by focusing on reality, cognition and language. As a communicative activity, English translation is not only a skill that people need to possess, but also a basic requirement of quality-oriented education. In the traditional English translation teaching, traditional teaching methods are usually adopted in the classroom, focusing on cultivating students and mastering translation methods and skills. However, this teaching method is obviously not applicable to the current employer's demand for English translation talents. So should be analyzed from the Angle of cognitive linguistics, analyzes the cognitive linguistics and cognitive view on language English translation, use of cognitive linguistics to help students improve English translation skills, so that the students can realize English translation is not only professional, but need to incorporate multiple areas of knowledge, only in this way can really improve the students' translation ability, so that the students can meet the needs of modern social development.

## 2. Overview of Cognitive Linguistics

The so-called cognitive linguistics belongs to a language discipline, which occupies an important position in the field of research by virtue of its combinational form. In the condition of the combination theory in cognitive linguistics, mainly refers to the combination of linguistics and psychology, this also means that its own characteristics have a certain philosophy, cognitive linguistics related researchers think need to experience philosophy as a discipline foundation of cognitive linguistics, and language communication and the formation process as rely on cognitive and habits. Generally speaking, serious linguistics is to take human cognition of something as the foundation, and then help people master the second kind of language besides their mother tongue by constantly mobilizing and rerefreshing cognition by human beings.

At the same time, also shows that, under the cognitive linguistics since the formation of a language and syntax and language is given priority to, but the formation of the language also have to meet the objective can be formed on the basis of real condition, thus, also means that the original formation and human knowledge system and subjective consciousness itself is inseparable, belongs to a philosophy. In other words, only when people have clear experience or unique personal opinions about a certain thing or a certain kind of thing can they truly master and understand the language of this thing or a certain kind of thing [1].

### **3. The Characteristics of English Translation from the Perspective of Cognitive Linguistics**

#### **3.1 Interactive**

For some English literature translators in translation, often require multiple levels, interactive or each other, and in the process of interaction and function, English translator between literature and other literature readers and there is a very strong resonance and interaction, at the same time, between the English translator, between readers and translators in languages and the translator and the original there are a lot of interaction between the creator. The interactive mode as the foundation, and then to analyze it, the interactive mode of English translation activity has a very important role, can through the translation to English readers to read literature to different languages, and the quality and level of the English translation, will directly affect the reader's understanding of the literature and review. Therefore, when translating English literature, translators should try their best to conform to the original text and understand the feelings expressed by the original author. Only in this way can they translate more high-quality literature, spread the thoughts of the original author, and provide the translated works closer to the original text for the majority of readers.

#### **3.2 Experience**

From the perspective of cognitive linguistics, experience is one of its most prominent features. Mankind for a thing to produce their own cognitive, is mainly because people's perception of the effect of the objective things and experience, so it is necessary to develop under the perspective of cognitive linguistics in the English translation must be with the people's perception of the source language material, feel and experience are closely linked, form a more perfect translation theory. For the original author of English materials, it can create part of the article, is mainly comes from the understanding and perception of life and things, using language to express the content clear [2], therefore, the translator in the translation, are usually based on their experience, knowledge and cognitive experience and understanding of the original works, so that you can make readers when reading a translation, gradually understand and master the main content of the works and the central idea.

#### **3.3 Improvement**

Many high ability of translators in literature translation in English, can fully play its own language cognitive ability, creative translation on the basis of the existing literature, this part of the translator will own life experience, the author combined with the characteristics of the works and the author's CV, while doing translation works for a certain degree of processing, creation and optimization of the processing, creation and optimization are built on translators understanding and complete, on the basis of the original English literature in general, because the translator itself has the understanding and analysis, can be translated by translator, Works more or less has its subjective opinions, some translators translation translation, its expression in the content more fluent, luxuriant, and also more formal expression, so you can use this type of translation said as improvement or creative [3], in a sense, this type of translation also can go beyond the original work. However, this type of translation is likely to distort the main idea or creative style of the original work and fail to fully express the essence and essence of the original literature.

### **4. Analysis of English Translation Strategies from the Perspective of Cognitive Linguistics**

#### **4.1 Understand the Meaning of Words, Sentences and Passages Correctly**

All literature is a language system formed by vocabulary, sentence and text, among which vocabulary is the most basic language unit. In understanding the vocabulary, if unable to correctly grasp the meaning of words, will directly affect the whole translation quality, so under the perspective of cognitive linguistics, emphasized the equivalence between the lexical and semantic analysis, for students to grasp the correct meaning of the words, only the correct grasp and understand the meaning of words, can effectively improve the level of English translation. In the process of practical English translation, parsing words sentence meaning, not only need to

understand the meaning of written words in, at the same time also need to contact the context of the whole article, put words in the context of the whole, in order to understand the meaning of vocabulary, to understand and analyze the author's thoughts and feelings and attitude when writing, etc. [4]. So, so. Translation, word should be as the basic unit, clear grasp the meaning of words, but to master the meaning of the word, and its accurate expression, is a very difficult thing, in most cases, the students in translation, often appear unable to correctly understand the meaning of words, sentences and discourse structure, finally is a translated text and the original content differences, directly affects the final quality of translation.

In translation, for example, when a buxom, one of the sentence is: “the magpies in the courtyard outside the poplar tree is a called”, among them, the magpies in the Chinese language is also expressed in the meaning of “lucky”, that is a metaphor for a wedding, but in English the word “magpies” but no the meaning, so when translating, should on the comments, so as to help readers have a more accurate understanding and felt “a wedding” impending cultural implication. This means that metaphors used in article translation can not be directly understood, nor can they directly understand the meaning of literal words. For the metaphorical rhetoric contained in English sentences, in the process of translation, it is necessary to focus on understanding the meaning and extended meaning of the words, accurately find the thoughts and feelings the author wants to express, connect the context, and correctly understand the meaning of the words. In this way, English translation teaching should focus on the metaphor contained in the original text, help students understand the original meaning of the text from the perspective of cognitive linguistics, and enable students to grasp the correct direction of translation.

#### **4.2 Analyze the Relationship between the Author's Intention and the Linguistic Intention**

For translators in English translation, you first need to understand the specific meaning of the whole text, and then grasp the central idea the author wants to convey and writing intention, ensure that the translated works and the author's own practical ideas, especially in the intention and meaning, grasp the text should not only deal with the relationship between them. From the perspective of cognitive linguistics, it integrates the knowledge of context and semantics in English translation. In order to fully express the semantics contained in the text, it is necessary to grasp the overall meaning of the original text based on the practice of English translation. And text translation is not only exist, in-depth excavation to the original meaning of the text is the premise of high quality to complete the translation, translators must be in the interpretation of the meaning of the text works, close to understand the author's writing intention, in other words, the translator should not only to interpretation and translation of the text, should be the author's writing intention as the basic standard [5]. Because different texts differ in literary creation, length and other aspects, and the ultimate meaning of the text is also very different. For example, works written by the same author in different periods often have quite different connotations. Therefore, in translation, we should also pay attention to the author's social background and characteristics of The Times, and grasp the author's writing intention comprehensively, so as to improve the translation quality.

#### **4.3 Grasp the Link between Literary Processing and Fidelity to the Text**

In the English translation, not only need students to understand the whole process of translation, but also to ensure that students can flexible use of various translation methods, especially in the actual translation, not only demands students to master a lot of theoretical knowledge, it has strong practical translation ability, but also need to consider different works of history, cultural background and social environment factors, details so that the students can comprehensively consider from multiple aspects, to ensure that the translation of scientific and suitability. At the same time, in the process of translating the works, the translators have different understandings of the works, so there are certain humanistic differences among the original works. Therefore, the processing of original works is only a compensation in the process of translation. In order to reflect the characteristics of text processing more accurately, it is necessary to grasp the accuracy of the translated language so that students can more accurately understand and master the content and meaning of the original text.

## 5. Tag

To sum up, in the perspective of cognitive linguistics, can help people use more scientific cognitive concept complete English translation, but also as a English translation theory instruction, make English translation has more feasibility, in the English translation must also be further close to the original, accurately grasp the article central thought, and carries on the appropriate extension, grasp the author's creation intention, the text carries on the deep, various analysis and research, in addition, also need to be text output, a comprehensive understanding of the audience's cognitive psychology and reading habits, The text is re-created by proper processing and optimization techniques, so as to further improve the level and quality of English translation on the basis of maintaining its original artistic features.

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