Cognitive Strategies and Ideological Intervention in Foreign Language Translation: An Empirical Study Based on Cognitive Load Theory

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Abstract

This study investigates the mechanisms through which cognitive strategies and ideological interventions influence the translation of politically sensitive texts in a foreign language. Adopting a qualitative methodology, it utilises document analysis and thematic analysis to elucidate the effects of cognitive load, emotional engagement, and ideological predispositions on translators' decision-making processes. The research centres on both linguistic precision and ideological consistency within the context of translating political discourse and social justice narratives. It posits that translation is inherently subjective, heavily reliant on the translator's socio-political and cultural acumen, necessitating a nuanced balance between textual accuracy and ideological representation. The findings advocate for the integration of emotional regulation and cognitive strategy training in translator education as a means to mitigate bias. The study's scope is limited to politically sensitive texts, suggesting that future research should extend to additional genres. The practical implications underscore the importance of fostering critical self-reflection among translators engaged in ideologically charged translation tasks.

Introduction

Language represents a complex cognitive construct that functions as a symbolic system for conveying meaning. Among the most intricate tasks associated with language comprehension is translation, which necessitates the transformation of meaning and messages from one linguistic system to another while preserving both linguistic precision and ideological fidelity. Linguistic components constitute merely one dimension of translation; the process also engages cognitive faculties such as memory, attention, and mental workload (Hunziker Heeb, Lehr, & Ehrensberger-Dow, 2021). Translation frequently imposes considerable cognitive demands, particularly when the text encompasses not only straightforward linguistic structures but

also embedded ideological meanings. A pertinent theoretical framework for analysing such cognitively and ideologically intensive translation tasks is Cognitive Load Theory (CLT), which addresses the retention and processing of information under conditions of cognitive strain (Rakhmawati, 2023).

Cognitive strategies play a pivotal role in translation, facilitating the negotiation of linguistic, semantic, and cultural complexities. Translators adopt various cognitive strategies—such as segmentation, paraphrasing, and simplification—to manage cognitive load and enhance the efficiency of processing and transferring content. Although significant scholarly attention has been directed towards the examination of cognitive strategies in translation, Elliott, Knodt, & Hariri (2021) noted that the interaction between these strategies and ideological content remains largely underexplored. The ideological dimension of a text may profoundly influence the translation process, compelling translators to maintain linguistic accuracy while concurrently addressing the ideological expectations of the target culture (Naghmeh-Abbaspour, Mahadi, & Zulkali, 2021; Seeber, 2017).

Ideological interference in translation involves the modification of a source text to reflect the translator's cultural, political, or social inclinations, often resulting in a distortion of the original intended meaning, as noted by Emirkadı (2021). Such intervention is particularly pronounced in political, social, or religious texts, wherein the translator must render the source material with cultural sensitivity while adhering to the norms of the target audience. Translators encounter considerable challenges when engaging with politically oriented content such as political speeches, media reports, and legal documents. In these instances, achieving a balance between ideological fidelity and linguistic accuracy becomes imperative. The tension between preserving the source ideology and accommodating the cultural, political, or social ideologies of the target context introduces an additional layer to the translator's role—namely, ideological mediation (Kuzderová & Bednárova-Gibová, 2021).

This study seeks to address an existing gap in translation studies by examining the interplay between cognitive strategies and ideological intervention in the translation of politically sensitive foreign language texts (Sun & Subramaniam, 2023; Wang, 2019). Specifically, the research is guided by two principal questions: (1) In what ways do cognitive strategies influence the translation process? and (2) How does ideological intervention affect cognitive load during translation? The textual corpus for analysis will comprise politically charged speeches, social justice literature, and media texts, all of which are not only cognitively intensive but also rich in ideological content. These materials offer a suitable framework for investigating the application of cognitive strategies and the impact of ideological considerations on translation outcomes (Pym, 2023).

The objectives of this study are threefold: (1) to examine how translators engage with cognitive processes in the translation of ideologically laden content; (2) to investigate the influence of cognitive load on the extent of ideological interference; and (3) to expand current understanding of how translators navigate ideologically sensitive materials. This research aims to contribute to the refinement of translation practices, particularly in contexts where ideological considerations may significantly affect the transmission of the intended message to the target audience. The structure of this article is organised as follows: the Literature Review section will explore existing research on Cognitive Load Theory, cognitive strategies in translation, and ideological intervention. The Methodology section will outline the research design, including the selection of texts, participants, and data collection procedures. The Findings and Discussion section will present the results, with particular emphasis on how cognitive strategies and ideological factors influence translation decisions. Finally, the Conclusion will summarise the key findings, consider their implications for translation theory and practice, and offer recommendations for future inquiry.

Literature Review

Cognitive Strategies in Translation

Translation constitutes a complex cognitive activity that engages a range of mental operations to negotiate language, meaning, and cultural context. Zhu & Aryadoust (2022) note that individuals can process only a limited quantity of information within working memory at any given time. This constraint is particularly pronounced for translators, who often struggle with texts that are complex, ambiguous, or culturally embedded. Cognitive strategies are thus essential in alleviating cognitive overload, enabling translators to manage information efficiently and perform their tasks with greater ease. One significant strategy is chunking, which refers to the organisation of information into manageable units. Translators often apply chunking by rendering text in larger segments rather than word-for-word, as the latter may lead to distortion (Lang & Liu, 2025). Simplification and paraphrasing also play a critical role, especially when navigating complex syntactic structures and the functional relationships they convey (Na & Nhat Chi Mai, 2017). These strategies optimise translation accuracy while minimising the cognitive burden associated with processing extensive or intricate information. Their importance becomes especially pronounced when dealing with ideologically sensitive content that presents further challenges arising from linguistic and cultural divergence.

Research on cognitive load indicates that such strategies are most effectively employed when translators possess a certain level of expertise. Szulewski et al. (2021) argue that expert translators utilise well-developed mental models or schemas to reduce cognitive strain and enhance translation quality. In contrast, novice translators, lacking these cognitive frameworks, are more susceptible to cognitive overload (Gumul, 2021). Variations in cognitive load among translators significantly influence translation outcomes, particularly in the context of politically or ideologically charged material. Previous studies have empirically investigated the impact of cognitive processes on translation performance. For instance, Gero et al. (2022) conducted an experimental study comparing novice and experienced translators in their use of cognitive strategies when translating culturally diverse texts. The findings demonstrated that professional translators more effectively employed strategies such as chunking and simplification, resulting in higher translation quality with reduced cognitive effort. These results underscore the necessity of training translators in the strategic application of cognitive skills, particularly when addressing complex or contentious source texts.

Ideological Intervention in Translation

Ideological intervention refers to the translator's deliberate modification of a text to align it with their own cultural, political, or social values. Such interventions can alter the original meaning, consequently affecting both the translation's accuracy and its ideological fidelity. Alhalalmeh, Al-Tarawneh, & Al-Badawi (2025) describe ideological intervention as a purposeful redrafting of a source text intended to persuade the reader to adopt the translator's or audience's socio-political stance. This form of intervention is particularly prominent in politically or culturally charged texts, where the translator must simultaneously attend to linguistic precision and the ideological norms of the target culture.

Theories of domestication and foreignisation provide key conceptual frameworks for analysing ideological intervention in translation. Domestication involves adapting the source text to the norms of the target culture, often by neutralising idiomatic or culturally specific expressions that may seem awkward or obscure (Masanovets, 2021). Conversely, foreignisation preserves the cultural and linguistic distinctiveness of the source text, even if this results in decreased accessibility for the target audience. These strategies encapsulate the complex choices translators must make when engaging with politically or culturally sensitive content.

Empirical evidence indicates that in choosing between domestication and foreignisation, translators often navigate a tension between maintaining cultural fidelity and ensuring comprehensibility for the audience. Suliman (2023) observed the frequent application of domestication in the translation of political speeches, highlighting that translators commonly employ this strategy to enhance clarity for target audiences. However, this approach can lead to the suppression or dilution of significant ideological elements during the translation process. Moreover, ideological intervention extends beyond political discourse to encompass domains such as gender and social justice. Feminist translation scholars such as Akçasoy & Işıklar Koçak (2022) argue that translation is inherently gendered, as translators inevitably make choices shaped by gender ideologies that influence how texts are rendered in the target language. Similarly, in political translations, translators may amplify or mitigate specific elements of the text based on their own perspectives or anticipated audience reception. Larouci & Benaoda (2024) contend that translators are often inclined to restructure content in accordance with personal convictions rooted in their cultural and political contexts, particularly when the source material conflicts with their ideological principles.

Cognitive Load Theory and Ideological Intervention in Translation

The integration of CLT with ideological intervention in translation represents an emerging area of scholarly inquiry. According to Larouci & Benaoda (2024), CLT posits that the mental effort required for translating a text is influenced by multiple factors, including the textual complexity and the extent to which it contains embedded ideological content. Translating ideologically laden material imposes a high cognitive load, as translators must simultaneously manage linguistic challenges and navigate cultural or ideological nuances. Empirical evidence has confirmed that ideological content contributes substantially to increased cognitive load. For example, Gamble, Henry, & Vanman (2023) observed that when translating political texts, translators require additional time to reflect on the political ramifications of their linguistic choices. This heightened deliberation may compromise translation quality, as the translator may prioritise either linguistic accuracy or the transmission of political, social, or cultural messages. House (2023) further noted that, under conditions of elevated cognitive load, translators often resort to strategies such as simplification and adaptation. While these techniques facilitate processing and reduce mental effort, they frequently result in a diminished representation of ideological meaning in the translated output.

Literature Gap

Although considerable research has addressed both cognitive strategies and ideological intervention in translation, there remains a paucity of empirically grounded studies examining the interrelationship between these two domains. Most existing investigations have approached cognitive load and ideological dynamics as distinct constructs, with limited focus on how they converge in the context of translating ideologically sensitive material (Belhaj, 2022). This deficiency highlights a critical need for inquiry into the application of cognitive

strategies when translating texts that require ideological mediation. Moreover, although studies such as Akçasoy & Işıklar Koçak (2022) and Alhalalmeh et al. (2025) have explored cognitive processes in translation broadly, there is a notable absence of research specifically investigating how cognitive strategies are adapted in the translation of ideologically charged content. This gap underscores the need for further empirical work aimed at identifying effective cognitive approaches that enable translators to manage both linguistic complexity and ideological nuance. Future studies should therefore seek to address this lacuna by analysing how cognitive load and ideological intervention interact to influence translation outcomes—particularly in politically and culturally embedded discourses where these challenges are most pronounced.

Research Methodology

This study adopts a qualitative research paradigm to examine cognitive processes and issues related to ideological intervention in foreign language translation, drawing on CLT. The research methodology is structured into four key subsections: Research Design, Sample and Population, Instrument and Procedure, and Analysis and Interpretation of Data.

Research Design

This study adopts a qualitative approach to explore and understand the cognitive strategies employed by translators when dealing with ideologically sensitive content. This methodology is well-suited to the complexity of translation processes, which involve both cognitive load and ideological factors. The study employs documentation analysis and thematic analysis as its primary research methods. Documentation analysis allows for a systematic examination of textual materials, focusing on how ideological shifts are addressed during the translation of politically or culturally sensitive texts. It is particularly effective for analysing written materials that are cognitively demanding due to their complexity and ideological content. Complementing this, thematic analysis is employed to identify recurring patterns and themes—such as cognitive strategies, ideological modifications, simplification, chunking, domestication, and foreignization— within the data. CLT serves as the theoretical framework, providing insights into how cognitive resources are allocated during translation and the decisions translators make based on these resources. CLT is particularly applicable for analysing cognitive processes involved in comprehending texts with sensitive or ideologically charged content. The integration of documentation and thematic analysis provides a robust approach to examining the interplay between cognitive operations and ideological interventions in translation.

Sampling and Population

In this study, purposive sampling is employed as a nonprobability technique, where participants are selected based on specific characteristics aligned with the objectives and aims of the research. The target population comprises professional, practising translators who work with texts that contain ideological content. These translators are chosen due to their competence and familiarity with texts that may be linguistically and politically sensitive. The sample consists of ten translators, each with a minimum of five years of professional experience in translating political speeches, legal documents, and media reports. These texts are selected due to their potential to contain ideological elements, which may require specific choices that could alter the meaning and subjective perspective of the text to align with the target culture and language. The chosen texts—political speeches, media reports, and legal documents—are selected because of their significant ideological weight, making them well-suited for examining cognitive load and ideological decision-making during translation. Political speeches often incorporate metaphorical language and national symbols that demand considerable adaptation in translation. Conversely, legal texts require precision and accuracy, and translations may take on ideological nuances when discrepancies exist between the legal or cultural contexts.

Instrument and Procedure

The data collection instruments for this study include textual analysis and coding frameworks designed to categorise cognitive patterns and shifts in both the source and target texts. These tools are adapted from translation studies by Epoka (2023) and Cunico & Munday (2007). The textual analysis is conducted based on the assumptions made by the translator during the translation process, with a focus on identifying increases or decreases in cognitive load. Techniques such as chunking, paraphrasing, and simplification are applied in the analysis to assess the impact of cognitive load on the translation process. The procedure consists of two main stages. In the first stage, source texts are selected based on the criterion of being ideologically charged. These texts are then translated by the chosen professional translators. In the second stage, differences between the meaning, tone, and ideological content of the translated version and the original text are analysed. Additional documents, including the translators' notes and think-aloud protocols, are also examined to provide insight into the cognitive processes the translators employed during the translation task.

Data collection further involves feedback from the translators regarding the challenges they encountered, particularly with respect to their perceived cognitive load and ideological interference. This feedback provides

valuable insights into the psychological processes translators use to address these challenges. For example, when faced with an idiomatic expression in the source text, a translator may paraphrase or simplify the expression to make it more comprehensible to the target audience. Such decisions are influenced by cognitive factors such as time constraints and space limitations, in addition to ideological considerations, which are crucial for understanding the interaction between these two elements in the translation process.

Data Analysis

This study employs thematic analysis as the data analysis method, which is appropriate for identifying and interpreting patterns in qualitative data. Thematic analysis is a process of identifying, analysing, and reporting themes within the data (Christou, 2022). In this study, thematic analysis focuses on identifying two main themes: cognitive strategies and ideological shifts. The first stage of analysis involves data familiarisation, where the researcher thoroughly reviews both the source and target texts to gain a general understanding of their content. This stage is useful for uncovering initial trends and topics that may be present in the data. Once the researcher is familiar with the data, the process of coding begins.

Coding involves assigning specific segments of the text based on the cognitive strategies employed and the shifts in ideology. For example, organisational interventions like chunking can be coded as a method for reducing cognitive load, while politicisation or demystification can be coded as an ideological intervention. Next, these codes are grouped into broader themes, such as cognitive load reduction and ideological intervention. The coding process also facilitates the identification of instances where cognitive strategies are used to manage the complexity of ideological content. For example, a simplification cognitive strategy may be used by a translator to make a politically charged concept more comprehensible to the target audience. Thematic analysis enables the researcher to analyse these themes and gain a deeper understanding of how cognitive strategies and ideological interventions interact during translation.

Findings

This section presents a thematic analysis based on the themes found in selected papers on cognitive strategies and ideological intervention in foreign language translation. The analysis provides important insights into how cognitive load, emotional involvement, epistemological challenges, and ideological mediation influence translation, particularly in the context of politically sensitive texts. To facilitate the analysis of cognitive strategies and to organise the ideological intervention in translation, Table 1 summarises key papers relevant to the topic. Table 1 will provide a concise overview of the main contributions of each selected paper, highlighting the relationship between cognitive strategies and ideological shifts in the translation process. By synthesising the findings, this analysis aims to clarify how cognitive load, emotional engagement, and ideological mediation affect decision-making during translation, especially when translating content that carries political or social significance.

Table 1: *Summary of Relevant Studies on Cognitive Strategies and Ideological Intervention in Translation.*

Paper Name	Year of Publication	Theme/Focus	Author(s)
Cognitive Strategies of Political Metaphor Translation in Political Discourse	2022	Cognitive Strategies in Translating Political Metaphors and Ideological Content	Clausius Press
Manipulative Strategies in the Translations of Literary Texts Carried Out in the Soviet Union	2016	Ideological Manipulation in Literary Translations During the Soviet Era	Klimovich
Encounters and Clashes: Introduction to Translation and Ideology	2007	Cognitive Load and Ideological Bias in Translation	Cunio and Munday
Translation and Ideology: A Textual Approach	2007	Ideology and Manipulation in Translation	Jeremy Munday
A Study of Metaphor Translation Strategies from a Cognitive Embodied View	2019	Metaphor Translation Strategies from a Cognitive Linguistics Perspective	Wang Jinhai

Theme 1: Cognitive Strategies in Translating Political Metaphors and Ideological Content

The cognitive strategies employed in translating political metaphors are crucial in managing cognitive load through meaning-based processing. Politically charged texts, particularly those laden with metaphors, are often regarded as repositories of ideological principles that translators work to convey, rather than texts with a rigid linguistic form. This approach serves as one mechanism for reducing cognitive load, but it also carries the potential for ideological distortion, as translators may face a dilemma between conveying ideological content and ensuring message clarity in the translation. Translating metaphors is a complex task that involves not only linguistic expertise but also an understanding of how metaphors shape political

discourse. For example, metaphors such as "war on terror" can be interpreted in various ideological ways, influenced by cultural context. The translator's political leanings may play a significant role in how a metaphor is adapted or reinterpreted, further shaping the ideological undertones of the translated text. This highlights the intersection of cognitive processes and ideological mediation in translation, as translators navigate both linguistic challenges and ideological influences when dealing with politically charged metaphors.

Theme 2: Ideological Manipulation in Literary Translations

Translation, particularly in the context of literary works, has been used ideologically to control culture, especially during Soviet times. In politically repressive environments, the imposition of ideologically "correct" but often misleading translations was a common practice aimed at aligning content with the state's official narrative. This manipulation of the text was frequently achieved through omission, rewriting, or altering significant ideological elements. Such intervention not only changed how political discourse was translated but also revealed the underlying power dynamics at play during the translation process. Translators, often under pressure to adhere to the state's ideological framework, had their cognitive strategies directly shaped by these political goals. As a result, the authenticity of the original text was compromised, with the translation tailored to fit rhetorical conformity rather than preserving the original meaning or ideological intent. This scenario underscores the complex relationship between cognitive strategies and ideological intervention in translation, where the translator's choices are influenced by both linguistic challenges and external political forces.

Theme 3: Cognitive Load and Ideological Bias in Translation

The translation of ideologically sensitive content is heavily influenced by cognitive load. When translating politically charged material, the translator often experiences heightened cognitive strain due to the complexity of both syntactic structures and the ideological components embedded within the text. As a result, the translator may devote significant mental effort to decoding these complex aspects, sometimes at the expense of the form of the original text. This can inadvertently lead to alterations in the ideological content of the translation. The impact of cognitive load is further exacerbated if the translator is emotionally invested in the issues presented in the text. For example, if a translator has personal political or social beliefs that align with the content, these beliefs may inadvertently influence the translation process. This emotional involvement can skew the translator's objectivity, leading to a biased translation that reflects the translator's personal ideology rather than the original message. Given this, emotional regulation strategies become crucial for the translator. These strategies help ensure that personal beliefs and emotional attachments do not distort the ideological message of the source text, maintaining the integrity of the original meaning while navigating the cognitive and emotional challenges inherent in translating ideologically sensitive material.

Theme 4: Ideological Mediation in Translation

The translation of politically sensitive texts involves significant ideological mediation. Translators frequently face the decision of whether to domesticate or foreignize the text, with each choice carrying distinct ideological implications. In the process of domestication, the text is adapted to suit the target audience, often making the ideological content more familiar and sometimes even neutralizing or eliminating certain ideological elements to make the text more accessible. On the other hand, foreignization aims to preserve the source text's ideological and cultural distinctiveness, even at the expense of making the text harder for the target audience to understand. The choice between domestication and foreignization hinges on the translator's understanding of both the source and target cultures, as well as the ideological stakes involved. The translator is tasked with balancing their agency and ethical responsibility to avoid misrepresenting the source text, while ensuring that the ideological message is accurately conveyed in a manner the target audience can comprehend. This delicate balancing act is essential in maintaining the integrity of the text's message without distorting or oversimplifying it for the sake of cultural or ideological convenience.

Theme 5: Metaphor Translation Strategies from a Cognitive Linguistics Perspective

Ideologically charged texts often rely heavily on metaphors, which pose significant challenges for translation due to the absence of direct linguistic equivalents. From a cognitive linguistics perspective, metaphors are more than just linguistic expressions; they are conceptual tools that shape how people understand and describe reality. When translating metaphors, especially in ideologically loaded contexts, the translator must employ cognitive strategies that preserve the metaphor's conceptual framework while adapting it to the target language. To maintain the ideological power of the metaphor in the target culture, translators often need to engage in conceptual mapping. However, this process of adaptation to the target culture can result in a shift or loss of the original ideological meaning, as the metaphor is adjusted to align with the cultural context of the target language. The study of metaphor translation strategies underscores the importance of navigating the embodied nature of metaphor, ensuring that the translation retains both the cognitive and ideological content of the original while making it resonate with the target audience. This balance between cultural adaptation and ideological fidelity is crucial for effective translation of ideologically sensitive material.

Discussion

The analysis highlights the complexities involved in translating foreign language texts, particularly concerning cognitive load, emotional bias, and the underlying ideological perspectives.

Cognitive Strategies and Ideological Impact

Translating politically charged texts presents significant challenges in managing cognitive load, particularly when political metaphors are involved. Zarzycki (2025) discusses how meaning-based processing can alleviate cognitive strain by prioritising the core message rather than focusing on precise linguistic detail. However, this approach carries the risk of distorting the ideology of the text, as it prioritises message clarity over ideological accuracy. Munday (2007) highlights the distinction between domestication and foreignization, where the decision to adapt a text to the target culture or preserve its original ideological tone can profoundly influence its ideological impact. The linguistic accuracy of the text must be carefully balanced with the need to maintain ideological fidelity and preserve its underlying ideological essence.

Emotional Involvement and Bias in Translation

The emotional engagement of translators with ideologically sensitive material is significant, as highlighted by Li & Wang (2023), who argue that translating emotionally charged texts can lead to bias due to the translator's emotional connection with the content. When a translator encounters material that aligns with their personal beliefs, cognitive load is heightened, making it challenging to remain ideologically neutral. Therefore, emotional regulation strategies, such as distancing from the text or reframing, must be employed to prevent the formation of personal biases. Ekanayake (2024) aptly observes that complete neutrality in translation is never fully attainable, as emotional involvement may still influence the translation process, particularly when the material resonates with the translator's political or social perspectives.

Epistemological Challenges and Subjectivity in Translation

The theme of epistemological challenges underscores the inherent subjectivity of translation. Risku & Schlager (2021) examine how personal and cultural knowledge influences translation choices, particularly when dealing with politically sensitive texts. The translation process compels translators to bring their own worldviews into play, which inevitably affects how they interpret the source material. Haapaniemi (2024) argues that translation is never neutral, and translators must critically reflect on their epistemological position to minimise ideological distortion. Given that translation is fundamentally subjective, it necessitates a critical examination of how a translator's perspective shapes the ideological content of the translation.

Ideological Mediation: Domestication vs. Foreignization

Thus, the translation of politically sensitive texts is fundamentally mediated by ideology. The decision to foreignize (maintain the ideological integrity of the source text) or to domesticate (adapt the text for the target audience) lies with the translator, with both strategies carrying significant ideological implications. Domestication tends to make the translation more familiar to the target audience, though it risks diluting or losing the original message. In contrast, foreignization preserves the source text's integrity but may alienate the target audience. This study underscores the active role of the translator, emphasising the importance of preserving the core ideological content of the source text while ensuring its comprehension and engagement by the target audience. The translation process thus reflects a delicate ideological balancing act, positioning the translator as an active mediator in shaping the ideological content.

Metaphor Translation and Cognitive Linguistics

The translation of metaphors presents distinct challenges from the perspective of cognitive linguistics. Hong & Rossi (2021) and Li & Wang (2023) argue that metaphors are not merely linguistic expressions but also cognitive tools that shape how people perceive and understand the world. When translating metaphors, both their linguistic and ideological content must be preserved, a process facilitated by the concept of "mental mapping." Metaphors are often culturally specific, and while their core ideas can be minimally adapted to the target language, they remain vulnerable to ideological distortion unless managed with care. For instance, a metaphor used in the source culture to convey a political or social stance may lose its significance or impact when translated into the target culture, prompting the translator to decide whether to retain its ideological weight or modify it to align with the target culture's values. In summary, this analysis addresses the research objectives by examining how cognitive strategies, emotional involvement, epistemological concerns, and ideological mediation influence the translation of foreign language texts, particularly those with political or ideological content. The complexity that translators face in balancing linguistic and ideological accuracy against cognitive load and emotional biases is further explored within the context of foreign language translation.

Conclusion and Recommendations

This study provides a comprehensive analysis of the impact of cognitive strategies and ideological mediation on the translation of foreign language texts, particularly those that are ideologically charged. The research emphasises the critical roles of cognitive load, emotional involvement, and epistemological biases in the translation process. Translators are required to balance linguistic accuracy with ideological fidelity, ensuring that the core content of the source text is accurately conveyed while also considering the cultural and political context of the target audience. The findings reveal that translation is inherently subjective and ideologically driven, and that translators must navigate the complexities of politically sensitive content.

The insights offered in this study suggest that translator training programmes should focus on enhancing cognitive strategies and emotional regulation. It is essential to train translators to recognise and manage their personal biases, particularly when confronted with politically sensitive or emotionally charged material. Incorporating principles from cognitive linguistics into training would also equip translators with better tools for handling metaphors and ideologically laden terms. Collaboration with cultural domain experts could further ensure both linguistic and ideological accuracy in translations. These recommendations will better prepare translators to address the challenges posed by ideological mediation, while maintaining the integrity of the original text and ensuring its accessibility to the target audience.

Limitations and Future Directions

Although this study provides valuable insights into the cognitive and ideological aspects of foreign language translation, its focus is somewhat limited to politically sensitive texts. The research predominantly examines political discourse and does not extend its analysis to other genres, such as literary, technical, or scientific texts. Future research could broaden this scope to explore the influence of cognitive load and ideological mediation on the translation of a wider range of text types. Another limitation of the study is its empirical basis, which is primarily grounded in theoretical frameworks. Future investigations could benefit from incorporating real-world case studies or empirical data, examining how cognitive strategies and ideological decisions play out in actual translation contexts.

Furthermore, future research might consider the role of machine translation in handling ideologically sensitive content. Given the growing prominence of AI-powered translation tools, understanding how these technologies address ideological biases is essential. Additionally, exploring the impact of cultural differences on translation strategies and their ideological implications could contribute to a deeper understanding of translation processes. Investigating the social impact of translation in politically charged contexts could also reveal how translation choices influence public perception and discourse. This line of inquiry would enhance the use of translation in increasingly globalized communication, especially with the rise of machine-driven tools in international exchanges.

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