

**STRESS AND EMOTIONAL REGULATION IN SIMULTANEOUS
INTERPRETATION***Allabergenova Albina Gafur qizi**Uzbek State World Languages University**Master's Student, 2nd Year**Scientific Advisor: Azzamov Yusufjon Rajabboyevich**allabergenovaalbina22@gmail.com*

Annotation: This article explores the relationship between stress and emotional regulation in the context of simultaneous interpretation—a cognitively demanding and emotionally intense profession. Drawing on insights from psychology and neuroscience, the study investigates how acute and chronic stress affect interpreters' cognitive performance and emotional stability. The paper discusses the neurobiological mechanisms underlying stress responses and emotional regulation, the impact of high-pressure interpreting environments, and practical coping strategies used by professionals. The findings underscore that emotional regulation is not only a psychological skill but also a critical professional competency required for resilience and sustainability in the field of interpretation.

Key words: stress, emotional regulation, simultaneous interpreting, cognitive control, coping strategies, burnout

Аннотация: В статье рассматривается взаимосвязь между стрессом и эмоциональной регуляцией в условиях синхронного перевода — деятельности, требующей высокой когнитивной и эмоциональной нагрузки. Основываясь на данных психологии и нейронауки, автор исследует влияние острого и хронического стресса на когнитивную работоспособность и эмоциональную устойчивость переводчиков. Рассматриваются нейробиологические механизмы, лежащие в основе стрессовых реакций и эмоциональной регуляции, особенности работы в условиях высокого давления, а также стратегии совладания со стрессом. Делается вывод о том, что эмоциональная регуляция — это не только личностное качество, но и важнейшая профессиональная компетенция для устойчивости в профессии синхронного переводчика.

Ключевые слова: стресс, эмоциональная регуляция, синхронный перевод, когнитивный контроль, стратегии совладания, выгорание

Annotatsiya: Maqolada sinxron tarjima jarayonida yuzaga keladigan stress va emotsional tartibga solish o'rtasidagi bog'liqlik tahlil qilinadi. Ushbu kasb yuqori darajadagi kognitiv kuch sarfi va emotsional bosim bilan ajralib turadi. Psixologiya va neyrofanning zamonaviy yutuqlari asosida tadqiqotda o'tkir va surunkali stress holatlari tarjimonlarning ishlash qobiliyati va emotsional barqarorligiga qanday ta'sir ko'rsatishi o'rganiladi. Shuningdek, maqolada stress va emotsiyalarni boshqarishga javob beruvchi neyrobiologik mexanizmlar, og'ir sharoitlarda ishlash xususiyatlari hamda stressga qarshi kurashish strategiyalari ko'rib chiqiladi. Xulosa sifatida, emotsional tartibga solish nafaqat psixologik ko'nikma, balki tarjimonlik kasbida zaruriy kasbiy kompetensiya ekanligi ta'kidlanadi.

Kalit so‘zlar: stress, emotsional tartibga solish, sinxron tarjima, kognitiv nazorat, moslashuv strategiyalari, charchoq

Simultaneous interpretation is a complex and cognitively demanding process that requires interpreters to perform multiple tasks simultaneously in real-time. These tasks include listening to the source message, analyzing its content, retaining it in short-term memory, and producing an equivalent message in the target language—all within seconds. Unlike other forms of translation, simultaneous interpretation leaves no room for delays, corrections, or consultation with external sources, making it a high-pressure linguistic and cognitive endeavor.

Stress plays a significant role in this process. Interpreters are required to function at peak cognitive efficiency while being exposed to external and internal stressors. These stressors include the fast pace of speech, unfamiliar or technical vocabulary, emotionally intense subject matter, and the visibility of performance—particularly in high-profile settings such as diplomatic summits, courtrooms, or live media broadcasts. Each of these factors contributes to the activation of the stress response system in the body. According to Daniel Gile’s Effort Model, simultaneous interpretation can be broken down into three principal efforts: the listening and analysis effort, the production effort, and the short-term memory effort. When these three are engaged simultaneously, they consume most of the interpreter’s cognitive capacity. Any additional task, such as managing stress or dealing with a distraction, may exceed cognitive limits and cause deterioration in performance quality. From a physiological perspective, stress activates the hypothalamic-pituitary-adrenal (HPA) axis, releasing cortisol—a hormone that plays a key role in the body’s stress response. Elevated cortisol levels, while helpful in short bursts, can impair cognitive functions such as memory retention, attention, and decision-making when sustained over longer periods. In parallel, activation of the sympathetic nervous system increases heart rate and muscle tension, potentially making the interpreter feel anxious or overwhelmed.

To remain effective, interpreters must regulate their emotional responses. Emotional regulation is defined as the ability to monitor, evaluate, and modify emotional reactions to achieve one’s goals. In simultaneous interpretation, this means maintaining composure, suppressing signs of anxiety, and continuing to deliver accurate interpretations even under psychological strain. The prefrontal cortex is heavily involved in emotional regulation, working in coordination with the amygdala to modulate emotional arousal. Neuroimaging studies confirm that individuals with stronger prefrontal cortex activity are generally better at managing stress and emotional reactions. Emotional regulation strategies are essential for interpreter resilience. Among the most commonly used techniques is cognitive reappraisal, where the interpreter changes the way they perceive a stressful event in order to lessen its emotional impact. For example, instead of seeing a challenging speaker as a threat, the interpreter may view it as an opportunity to showcase skill and professionalism.

Other common techniques include mindfulness and deep breathing, which help activate the parasympathetic nervous system to counteract the fight-or-flight response. Emotional distancing is another strategy, where the interpreter mentally separates themselves from the content to avoid emotional overload—especially important when interpreting traumatic or disturbing material. Peer support and supervision also play a crucial role. Interpreters often work in pairs or teams and may debrief after difficult assignments to share experiences and relieve emotional tension. Such professional exchanges contribute to psychological recovery and the building of emotional resilience.

Recent research highlights the individual variability in the effectiveness of emotion regulation strategies. Factors such as gender, experience, and emotional intensity influence which strategies are most effective. One study found that cognitive reappraisal was more effective in men under acute stress, whereas women showed more variable results. This underscores the importance of personalized training and the inclusion of emotional regulation in interpreter education. The long-term effects of unmanaged stress are serious. Chronic exposure to high-pressure interpreting without sufficient recovery can lead to burnout—a state of emotional, mental, and physical exhaustion. Burnout is not only detrimental to the interpreter’s health but also affects professional performance and career sustainability. Fatigue, decreased concentration, and emotional detachment are common signs. Some interpreters may leave the profession altogether if support systems are not in place. To mitigate these risks, institutions should implement policies that support interpreter well-being. These may include providing access to psychological counseling, promoting regular breaks and rotation schedules, and encouraging emotional literacy in the workplace. Training programs should go beyond linguistic and technical skills to include modules on psychological resilience, emotional intelligence, and coping strategies.

In conclusion, the profession of simultaneous interpreting is uniquely demanding in both cognitive and emotional terms. Stress and emotional regulation are deeply intertwined, and mastering the latter is essential not just for performance, but also for personal well-being. As the profession evolves and interpreters face increasingly diverse and intense challenges, emotional regulation must be recognized as a critical skill—one that should be cultivated through education, supported by institutions, and practiced consistently by professionals.

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