



THE THEORY AND PRACTICE OF SIMULTANEOUS INTERPRETING: PROBLEMS AND SOLUTIONS

Nazirova Ziyoda Murodjon qizi

Master's Student, Kokand State University

ABSTRACT

This article analyzes the theoretical foundations of the simultaneous interpreting process, its practical complexities, and the challenges faced by interpreters. It also proposes effective solutions to these problems through modern technologies and methodological approaches.

Keywords

Simultaneous interpreting, equivalence, speech rate, context, cognitive load, technological tools

Introduction

In the context of globalization, the number of international meetings, summits, business negotiations, and scientific conferences is steadily increasing. One of the key communicative factors in such events is simultaneous interpreting, which ensures real-time translation of speech.

Simultaneous interpreting is a complex cognitive process that requires high qualifications, quick thinking, and effective use of technical tools. It is considered one of the most difficult and important types of oral translation. Unlike consecutive interpreting, in simultaneous interpreting, the interpreter translates the speaker's speech into the target language almost at the same time (with a delay of 1–3 seconds). Those who perform this task are called simultaneous interpreters.



Theoretical Background

Simultaneous interpreting is usually carried out using special equipment. In some cases, the whispering technique is used for individual listeners. The effectiveness of simultaneous interpreting is estimated at around 50%, as some parts of the information may not be fully perceived by the audience.

The need for simultaneous interpreting emerged in the early 20th century with the formation of international organizations. For example, the League of Nations (1919) and the United Nations (1945). The idea of simultaneous interpreting belongs to the American entrepreneur Edward Filene, who proposed a time-saving alternative to consecutive interpreting.

The theory of simultaneous interpreting studies its psycholinguistic and cognitive aspects. Scholars such as A. Chernov, D. Gile, and J. Herbert developed models of interpreting, emphasizing stages such as listening, comprehension, analysis, and reformulation.

In the past 10–15 years, simultaneous interpreting has significantly developed in Uzbekistan. The demand for interpreters has increased in international forums and summits. Institutions such as the Uzbekistan State World Languages University, Tashkent State University of Translation, and Samarkand State Institute of Foreign Languages contribute to training specialists in this field. However, the number of professional simultaneous interpreters in Uzbek is still limited, and the demand for qualified specialists remains high.

According to international standards (AIIC), a simultaneous interpreter must possess the following skills:

- Proficiency in two or more languages
- Strong working memory and quick thinking



Stress resistance

Ability to make rapid decisions

Broad worldview

Diplomatic communication skills

Voice control and speech management

Common Challenges

The following problems are frequently encountered in simultaneous interpreting:

Speech rate – excessively fast speech increases cognitive load

Complex terminology – technical, medical, or legal terms are difficult to translate quickly

Lack of context – insufficient background information leads to loss of meaning

Technical issues – problems with microphones, headphones, or booths affect performance

Solutions

The following measures can improve the quality of simultaneous interpreting:

Preparing in advance by studying the speaker's materials and terminology

Working in pairs (two interpreters alternating during sessions)

Using technological solutions such as automatic subtitling and AI-based speech recognition



Continuous training and simulation exercises for interpreters

Conclusion

In conclusion, simultaneous interpreting is a complex professional activity that requires high-level skills and mental stability. Solving its challenges requires not only linguistic knowledge but also psychological, technical, and cognitive preparation.

Modern technologies play a crucial role in improving interpreting efficiency, enhancing quality, and reducing human errors.

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