

**THEORY OF USING DECOMPRESSION IN THE
SIMULTANEOUS INTERPRETING PROCESS**

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Abstract. Simultaneous interpreting is a highly demanding form of linguistic mediation that requires interpreters to process and reproduce speech in real time. Due to structural differences between languages, time constraints, and cognitive limitations, interpreters frequently apply various strategies to ensure communicative accuracy and clarity. One of the most important strategies is decompression. Decompression refers to the expansion of the source message in the target language in order to clarify meaning, adapt grammatical structures, and ensure comprehensibility for the audience. Unlike compression, which reduces linguistic elements, decompression adds necessary information to maintain equivalence at the level of meaning.

Keywords: simultaneous interpreting, decompression, interpreting theory, discourse analysis, cognitive load, interpreter training.

Introduction. In today's globalized world, simultaneous interpreting has become an essential tool for international communication. It is widely used in diplomatic meetings, academic conferences, international organizations, business negotiations, and media events. Simultaneous interpreting enables participants to communicate in real time without interrupting the flow of discourse.

However, simultaneous interpreting is one of the most complex professional activities in language mediation. The interpreter must listen to the speaker, analyze the message, retain information in memory, and produce the translation almost simultaneously. This process places significant cognitive demands on the interpreter.

Because languages differ in structure, syntax, and information packaging, interpreters must often modify the form of the source message. In some cases, the target language requires additional elements to express meaning clearly. This process is known as decompression.

Decompression is a strategic expansion of the message in the target language. It may involve adding clarifying words, restructuring sentences, or making implicit information explicit. Decompression ensures that the audience fully understands the speaker's message, even if the linguistic structures of the two languages differ.

The aim of this paper is to examine the theoretical foundations of decompression in simultaneous interpreting and to analyze its cognitive and linguistic functions.

One of the most influential cognitive models in interpreting studies is the Effort Model developed by Daniel Gile. According to this model, simultaneous interpreting consists of several concurrent efforts: listening and analysis, short-term memory operations, speech production, and coordination.

When cognitive load increases, interpreters may need to adjust their output to maintain accuracy. Decompression can help clarify complex ideas and reduce misunderstanding, especially when the source message contains condensed information.

By expanding certain elements in the target language, interpreters can reduce ambiguity and support audience comprehension.

The Interpretive Theory of Translation, proposed by Danica Seleskovitch and Marianne Lederer, emphasizes that interpreting focuses on meaning rather than word-for-word translation.

According to this theory, the interpreter must understand the sense of the message and reformulate it naturally in the target language. Decompression aligns with this principle because it allows interpreters to express implicit meanings explicitly when necessary.

This approach supports communicative equivalence rather than formal equivalence.

From a discourse analysis perspective, scholars such as Teun A. van Dijk emphasize that communication should be analyzed at the level of macrostructure and context.

Decompression often occurs when discourse elements require clarification. For example, references to shared cultural knowledge may need additional explanation for the target audience.

Thus, decompression contributes to maintaining coherence and pragmatic clarity in interpreted discourse.

Decompression in simultaneous interpreting refers to the controlled expansion of linguistic elements in order to preserve meaning, clarity, and communicative intent.

Main Functions:

1. Clarification of implicit information
2. Adaptation to grammatical differences
3. Enhancement of coherence
4. Improvement of audience comprehension
5. Cultural adaptation

Decompression is not random addition. It is a strategic decision based on linguistic necessity and communicative goals.

Linguistic Mechanisms of Decompression

Decompression may occur at different linguistic levels:

- *Lexical Level*: Adding explanatory words when a direct equivalent does not exist.

- *Syntactic Level*: Expanding short structures into longer grammatical constructions.

- *Pragmatic Level*: Making speaker intention explicit.

- *Discourse Level*: Clarifying logical connections between ideas.

These mechanisms ensure that the target message remains accurate and understandable.

- Although decompression is a useful strategy, it must follow professional norms:

- Expansion must not change the speaker's intention.
- Only necessary information should be added.
- The expansion must improve understanding.
- The interpreted speech should remain natural.
- Decompression should not disrupt synchronization.

These norms ensure balanced and responsible application of the strategy.

- Cognitive Implications

Decompression may increase cognitive load because it requires additional processing. However, in some cases, it reduces overall cognitive pressure by preventing misunderstanding.

Interpreters must quickly decide whether expansion is necessary. This decision-making process reflects advanced professional competence.

While compression reduces linguistic elements, decompression expands them. Both strategies serve communicative equivalence.

Compression is often used to manage time pressure, while decompression is used to ensure clarity.

Professional interpreters must skillfully balance both strategies depending on context.

Interpreter education programs should include training on decompression techniques.

Students should learn:

- a) How to identify implicit information
- b) When to expand messages
- c) How to maintain fluency
- d) How to avoid unnecessary additions

Practical exercises, discourse analysis tasks, and real-time interpreting simulations can help develop these skills.

Conclusion. Decompression is an essential theoretical and practical component of simultaneous interpreting. It enables interpreters to adapt messages to linguistic and cultural differences between languages.

The analysis demonstrates that decompression is supported by major interpreting theories, including cognitive models and discourse-based approaches. It plays a significant role in ensuring clarity, coherence, and communicative effectiveness.

Rather than being considered a deviation, decompression should be recognized as a legitimate interpreting strategy that contributes to successful multilingual communication.

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