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Western Oregon University

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Running head: THE EFFECTS OF EXERCISE AND HUMAN RELATIONSHIPS ON
INTERPRETING

The Effects of Exercise and Human Relationships on Interpreting

Makenna Caccavo

Western Oregon University

ACKNOWLEDGMENTS

This action research project has been in the works since summer of 2018. Through the past year and a half there have been ups and downs, a whirlwind to say the least. It has been challenging and pushing me to grow, through that I have become a better professional and researcher. Throughout this journey, I have been blessed with an amazing group of people who have supported and pushed me the whole length of this educational journey.

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ABSTRACT

In this action research project, I analyzed the impact exercise and human relationships had on my interpreting work. It is well known that exercise and human relationships and connection do influence our actions and behavior in a manner (see, for example, Humphrey, 2015; Zenizo, 2013). In this current research, I explore exercise and human relationship, each in its own entity and then compare the two to each other, to see their influence towards interpreting. The aim of this study is to contribute to the field of American Sign Language/English interpreting by adding knowledge of what I found through this research about exercise, human relationships and the extent they impact my interpreting. I hope to provide more evidence to show the implications of applying self-care to one's daily routine, in hopes of promoting improvement in one's work. The method conducted for this action research project is through the mode of journaling, logs, and a recording of a work sample. I would make note of my day considering what I observed in my work, my workouts, the interactions I had with people, and when and if these two self-care approaches were implemented. I used the qualitative method approach to analyze the data. Through this, I focus on myself and interpreting by making alterations to the amount of exercise and human relationships and/or connections I incorporate into my self-care (before and after work). The results of the study show that human relationships and connections have a bigger impact on my interpreting work than exercise and the two together are stronger and more influential. By exploring exercise and human connection, I get to investigate self-care, its importance, and benefits while interpreting.

Keywords: exercise/workout, human connection, human relationship, and self-care.

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CHAPTER 1: INTRODUCTION

It is well known that self-care is crucial for any job, including being a signed language interpreter (Zenizo, 2013). For example, there are many resources out in the world that can tell a person how important it is to surround themselves with people they love (see, for example, Kawachi & Berkman, 2001); it is something we can feel (Nicholson, 1998). There are proven facts that there are great benefits to exercising, besides a good-looking body, like the release of endorphins, as well as how self-care impacts and influences a person's work (Zenizo, 2013). There are studies and research that involve self-care and interpreting (e.g., Humphrey, 2015, RID, 2007); however, I have yet to find a scholarly source that included a focus on exercise, human relationships, their connections, and their impact on interpreting. In this research study, I look at all three together: exercise, human connections, and interpreting. I do this by conducting analyses on myself, such as focusing a lot of my attention on exercising and not on having human connections, vice versa, focusing on both, or none at all through different approaches, but primarily research as a qualitative method in this action research project.

Background

I have always found the brain and my thinking captivating. In my undergraduate program, I did a research paper on the brain activity of a bilingual mind and how it relates to signed language interpreters. Fast forward and I am still intrigued by my brain and my thinking. As I was interpreting a few months before I began this action research, I noticed something in my work that a colleague pointed out and it fascinated me. It was my turn to be the active interpreter and my team was watching while taking mental notes for me. It was a Monday morning, which would normally not be anyone's prime time to interpret. When a break came, we debriefed. My team was giving me feedback and made the comment that everything was going

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great and that I did an effective interpretation; it was fantastic. Everything was flowing, there were fewer errors and omissions, my lag time was not too far behind nor right on top of the source, my production was effectively set up, and I felt confident. I knew I was doing an effective job and so did my team. I had this sense of confidence about me that day. My team and I, as we debriefed, figured out that it was because of my weekend; my self-care, which involved exercise and human connections, greatly impacted my work. My boyfriend, who lived in Oregon, came to visit me that weekend; I had not seen him in about two months prior. We had a wonderful time together filled with adventures and activities, such as exercise. This sparked something in me and I wanted to know more. That is what led me to do this research and find passion in what I am discovering.

Statement of the Problem

The problem is there is no research in our discipline, or others for that matter, that have the three main connecting ideas, exercise, human relationships, on the quality of interpreting. It is known how renowned exercise and human relationships are for people (e.g., Humphrey, 2015). However, we do not know the extent to which they affect interpreting. This problem arises when interpreters need resources for dealing with the demands of the job or for learning beneficial approaches that can be applied to their work. Interpreters of all ages, demographics, and years of experience can be affected by this problem. Some previous research done in the field are Zenizo's (2013) thesis on *Self-care in the field of interpreting*, and Humphrey's (2015) on *Job satisfaction, role strain, burnout, and self-care among American Sign Language/English interpreters*, which builds off Zenizo's paper. This action research builds off both of theirs in order to answer the connection between exercise and quality of work, the connection between human relations and quality of work, and both exercise and human relations and quality of work.

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Not enough people exercise and get physical activity, almost three quarters of adult Americans do not accomplish the suggested time of 30 minutes of physical activity a few days of the week (Hillman, Erickson, & Kramer, 2008). I hope interpreters reading my research and seeing the results will be motivated to get active and make connections so their interpreting can improve and grow.

Purpose of the Study

My research question is: to what extent does exercise and human relationships impact my work as an interpreter? The purpose of this study is to contribute to the field of signed language interpreting by adding research about exercise, human connections, and the extent they impact my interpreting. I want to contribute to the profession, as well as make it appealing for interpreters to gain the knowledge. The goal is for my colleagues to find this interesting, motivating, and applicable to themselves in their work. By reading the extent the two can impact on my interpreting, I hope others will find inspiration from it and seek growth for themselves.

Theoretical Framework

My chosen theoretical framework is experiential learning theory. Cherry (2019) states, “According to Kolb, this type of learning can be defined as ‘the process whereby knowledge is created through the transformation of experience. Knowledge results from the combinations of grasping and transforming the experience.’” Key theorists are David Kolb who proposed it and was influenced by John Dewey, Kurt Lewin, and Jean Piaget (Cherry, 2019). The short history of experiential learning theory is that in 1984, psychologist, Kolb, built upon the works of other theorists (listed in the sentence above) (Cherry, 2019; McLeod, 2017). Specifically, key theoretical principals that were applied to the topic and organized around conceptual subheadings

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are concrete experience, reflective observation, abstract conceptualization, and active experimentation (Figure 1) (McLeod, 2017). A simpler way to think of it is do, observe, think, and plan (respectively).



Figure 1. My conceptual framework based upon Kolb's model (McLeod, 2017).

Some conflicts/controversies about the theory are that the effect of non-reflective experience on the learning procedure is not directly addressed; the learning that happens applied only to individuals and cannot be generalized to larger groups; the learning styles might not be constant throughout time; and, lastly, the theory may be minimally focused and constricting (Cherry, 2019). The gap in literature that I address is pertaining to interpreting, exercise, and human relationships and connections. While this falls under the overarching theme of self-care,

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this topic is more focused on a specific aspect of it and its influence on interpreting work. I address these particular subjects because they are important to me and I noticed they have an impact on my work and on me, in a positive manner. I want to share this research with my colleagues enabling them to apply this knowledge to improve their work. Though their approach may differ, they may find something that sticks out to them that they can adapt to their practice, ultimately, improving the interpreting work.

This study connects to existing literature by drawing on already established research (e.g., Freeman & Rogers, 2010, Hewlett, 2013) that provides evidence to support my claims and results. There is research out there that talks about the importance of self-care, not only for everyone in their careers, but also studies focused on signed language interpreters. I intend to use this research as support for my action research project, as well as carrying it deeper and exploring it more. I plan to draw from each subject (interpreting, exercise, and human relationships and connections) and tie them together to show how each aspect can influence the quality of my interpreting work.

Limitations of the Study

As any study, there are limitations. Since the study is focused on only one interpreter and her perspectives of her own work, it is subjective. The time period can be taken into consideration as it occurs over six months; for future studies the time could be extended. At first the intent for writing the journals and logs were for educational purposes as a course assignment, which proved to be of use for this research. I then, focused the journaling on what I was investigating for the purpose of the study. The same can be said for the workouts. I paid more attention to exercising than human relationships or connections; I did this subconsciously in

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thinking that it would influence my interpreting more. Definitions and the terms of good and effective days of work are based upon my knowledge and skill set. Lack of experience as an interpreter and as a researcher are also limitations to consider. Other factors that were not considered in this study were the difficulty of assignments, the environment, and preparation.

There is still knowledge to be gained from this action research. Further research can be branched off from this study or continued. What were limits here may not be transferable to the next study and/or for the adoption into an interpreter's self-care. The results are organic, emanating from my own experience and not a product of a survey or scientific experience.

Definition of Terms

The following terms will be defined here for the purpose of this action research project.

Exercise/workout – are defined as physical activity, exerting one's energy to improve their health and fitness. Including weight training for some days targeting certain body parts like arms, legs, and occasional abs. Cardio consisting of raising the heart-rate, such as walking a dog, riding a stationary bike, running on the treadmill, riding the elliptical, and riding the Stairmaster.

Human connection – refers to surface level interactions, such as acquaintances in the work environment and in personal life. Human is included to emphasize and focus what kind of connection, not with animals as some people find that to be part of their self-care.

Human relationship – refers to an actual relationship shared with an individual, or that can be applied to a group such as family and friends. There is rapport, meaning, and trust involved.

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Human is included to emphasize and focus on the fact that the connection is not with animals, because, as mentioned above, some people find that to be part of their self-care.

Registry of Interpreters for the Deaf (RID) – an organization for interpreters to join and be associated members. They have an abundance of resources available for interpreters.

Self-care – for this study I have defined this term as ways to stay healthy and promote wellbeing. This includes physically and psychologically healthy actions, especially exercising and interactions with people.

Think Aloud Protocol (TAP) – “refers to a type of research data used in empirical translation process research. Subjects are asked to perform a task [to interpret] and to verbalize whatever crosses their mind during the task performance” (Jaaskelainen, 2010). For this case, TAPs were used after the task was performed, where I recorded a work sample of myself interpreting, and watched the recording while doing a Think Aloud Protocol.

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CHAPTER 2: LITERATURE REVIEW

The job of an interpreter demands a lot on their bodies and minds, including lack of self-care, which can lead to injuries down the road, and interactions can have a positive or negative effect on their emotions. All can impact their interpreting. Heller, Stansfield, Stark, and Langholtz (1986) organized a survey of American Sign Language (ASL)/English interpreters' view of stress, one of the first done. Their research found, "sign language interpreting is extremely demanding work – emotionally, intellectually, physically, and ethically" (p. 432). RID (2013) states interpreting for the Deaf requires strength and perseverance. The job is challenging and takes a certain type of person to succeed. Along with being the type of person who is drawn to the field, this person most likely also has an inspiration to learn and pursue continuing education. Being aware that "the tasks involved in sign language interpreting can expose the musculoskeletal system to excessive amounts of repetition, force, and awkward postures" (Feuerstein, Carosella, Burrell, Marshal, & DeCaro, 1997, p. 188) and learning and being aware of injuries involved in the profession is important for interpreter's health. Adapting new strategies and implementing self-care into ones life is critical for a long career as a signed language interpreter.

From 400 members of RID in 1972 (Cokely, 2005) to over 15,000 members of RID in 2016, the field of interpreting has been growing (RID, 2016). With this increase in numbers, there needs to be resources to find support and information on persisting in the profession, especially as burnout is a concern, not only emotional and psychological, but physical burnout as well. Zenizo (2013) did a study about self-care for ASL/English interpreters and in her study, participants shared some of their concerns about burnout and wanting to prevent it from happening, including injuries due to pain and medical care for it, lack of collaboration with

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colleagues, rudeness of consumers, the risk of permanent damage to their bodies, and more.

Repetitive Strain Injury (RSI) is defined as “a stress-related, cumulative type of injury resulting from constant repetitive movements” (RID, 2007, p. 1). Since interpreters’ hands are their life’s work, it is important to implement self-care, especially to reduce the stress caused by the job.

Self-care can look like a number of things and many people can find comfort according to what fits them and their needs. In Zenizo (2013), the participants recommended keeping in shape or working out on a regular basis, specifically for preventing injuries. This is not only true for interpreting but can be found in other practice professions. For example, some studies have findings that connect self-care, along with a few others, to burnout and/or level of satisfaction in the job (Heller et al., 1986; Piko, 2006; Skovholt & Trotter-Mathison, 2011; Zenizo, 2013). Freeman and Rogers (2010) research showed that 38% of interpreters from their study reported pain in their neck, back, and/or shoulders due to keeping a static position (standing or sitting); the other 62% disclosed their pain subsided in their hands, wrists, and/or fingers. Half of Zenizo’s (2013) participants identified with some of those injuries.

Reported in Zenizo’s (2013) research, physical well-being, especially regular exercise and stretching, are thought to be the most identified self-care of most interpreters, not mental/emotional habits; they also responded that self-care included many activities, a few being participating in outside activities or hobbies and socializing with family or friends.

To maintain an interpreter’s body operating strongly to meet the physical demands of the career, physical health is essential; psychological health is important and needs attention as well to keep cognitively well to bounce back from negative and detrimental thought habits (Stebnicki, 2008).

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Exercise

RID (2007) states “Interpreters are athletes. We need to warm up; cool down...recognize how posture, angles, and temperature affects us; make sure we fully hydrate ourselves; exercise; and rest” (p. 3). There is a lot to take in and process as an interpreter. In making sure that we do that well in our jobs, we need to make sure we take good care of ourselves. Ways to prevent RSIs are to:

Take sufficient rest breaks; during rest breaks, engage in gross movement stretches and exercises such as walking, simple yoga stretches, etc; give yourself enough time to warm up and relax; find an outside exercise you enjoy and engage in exercise at least three times a week for an hour a day; [and] if you feel stressed and tired, develop various ways to relax and enjoy life. (RID, 2007, p. 3)

Relaxing and enjoying life could look like hanging out and chatting with people. RID (1997) also recommends to stretch in different range of motions for the whole body, while focusing on strength-based exercises for hands and arms.

There are many benefits to exercising, physically and mentally, including relaxing the mind and the release of endorphins to reduce stress; spending time with family or friends was also shared as an interest of interpreters (Zenizo, 2013). Humphrey (2015) conducted a study and her results showed that numerous interpreters’ top physical self-care was exercise at 49.4% and their top mental/emotional self-care was interpersonal at 55.6%. The benefits and top results are indicators of good self-care and well being in the field of interpreting.

The benefits do not stop there Hillman, Erickson, and Kramer (2008) in the article, *Be smart, exercise your heart: Exercise effects on brain and cognition*, discuss how physical activity

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promotes and improves people's cognition. Interpreting is a cognitive process; cognitive benefits may result from exercising. Improving the brain can in turn improve the interpreting process. In a TED talk, Suzuki (2018) talks about her research, *The brain-changing benefits of exercise*. She talks about how exercising can lead to protecting the brain against "neurodegenerative diseases like Alzheimer's" and how working out can improve one's memory and uplift a person's mood (Suzuki, 2018). Suzuki (2018) states that exercising is the "most transformative thing" a person can do for one's mind and that it impacts them to focus more after a workout, as well as to have faster reaction time. These are of great skills and benefits to have while interpreting.

Human Relationships and Connections

Zenizo (2013) suggested that interpreters keep a positive, supportive relationship with colleagues and that team interpreting is another way that was identified in avoiding injury. Humphrey (2015) discovers that there are benefits to signed language interpreters having a good, positive relationship with colleagues if they work together as a team to handle a variety of aspects in their environment. Connecting with fellow supportive interpreters, due to our shared knowledge in all aspects of the field, has been shown to help decompress and alleviate psychological stressors in a productive and secure manner to grow, learn, and move past those situations (Zenizo, 2013). Maybe, formerly the RID Code of Ethics, currently the Code of Professional Conduct tenet about confidentiality comes to mind and interpreters think that talking about the work is breaking the code; however, Dean and Pollard (2001), describe that interpreters often have this view on the first tenet, implying that we are not allowed to discuss any part or aspect of the work with colleagues or other people, for it is not good to share anything that has occurred. According to Zenizo (2013) however "collaborating and discussing professional choices with colleagues may be a way to maintain health and well being in an

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ongoing career as an interpreter” (p. 4). It promotes benefits that can last the course of a person’s profession.

There are other people involved in the job of a signed language interpreter. During assignments, the interpreter should be aware of cues and non-verbal feedback/body language from consumers and/or their team indicating if they are doing well or if they need to improve their interpretation (Earley, 1986). Leading to another important part of the job, Rao (2012) defines soft skills as:

The abilities required in the workplace for professional success. They are the polite and pleasing way of presenting to others and are mostly related to personality, attitude, and behavior. They are a collection of several skills and abilities related to the execution of such tasks as communicating, managing time, negotiating, writing, listening, reading, presenting, problem solving, and decision making. They are essential at every level of an organization if it is to function smoothly and successfully. (p. 50)

It is crucial for an interpreter to possess these qualities for him/her to do well in the field, to thrive. If interpreters were to not have soft skills, it may lead to not having good, positive, and/or healthy relationships or to having the same characteristics those in the profession carry.

In *Cognitive neuroscience of human social behavior*, Adolphs (2003) talks about how the brain processes social information. The article discusses the links between emotions and reason, as well as action and perception, and representation of ourselves and of others, a way of social cognition and social behavior (Adolphs, 2003). It is important for an interpreter to be able to process social information, because a big part of our job is interacting and dealing with people. For example, many interpreters have soft skills and many are the reason for their success

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(Hewlett, 2013). According to Hewlett (2013), interpreters who possess soft skills “have the desired learning style, amount of motivation, and cognitive flexibility” (p. 33).

The study by Amodio and Frith (2006) is about the different parts of the brain that are used when in a social interaction. This seems similar to the parts of the brain signed language interpreters use and shows the relationship by showing how social interactions impacts interpreting as our job is based upon and may depended on social interactions. In the article, *Social ties and mental health*, Kawachi and Berkman (2001) state that there is already an agreed upon notion that it is beneficial to have social ties and that it affects one’s mental/psychological state/well-being. Human beings prosper on feeling good (Nicholson, 1998). No matter what people say, they do care about what other people think about in their personal and professional life, along with wanting to feel important and enjoying the journey of their good performance; specifically when an interpreter’s job is to interact with peers, supporting each other, giving and receiving feedback, and turn-taking during an assignment (Hewlett, 2013). Hewlett (2013) claims in her research “there does seem to be a strong support system among colleagues from reading what [her] respondents had to say about positive characteristics they have experienced in others” (p. 88). There is a community in the profession that we can depend on to support us when needed. In *Theoretical and historical perspectives: Social relationships and health*, Cohen, Gottlieb, and Underwood (2004) primarily focus on the history of social relationships and health. They state from the beginning that the relationship between the two is complex and not always positive; there is room for harm (Cohen et al., 2004). They discuss the influence social relationships have on one's overall health; focusing on the attributes of social relationships that are to uphold and support mental and physical health.

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These researchers are knowledgeable in the topics they have explored, showing that these two self-care approaches can be beneficial to a person's career. Exercise only and human relationships only can influence a person's life, putting the two together can promote well-being in one's life and provide an approach to relieve the stress with the demands of the job. Taking what these researchers have gathered and compiled, I applied it to my action research question. I adopted what they have learned and built upon it in my own approach.

CHAPTER 3: METHODOLOGY

Design of the Investigation

For the design of the study, I looked into my exercises and the human relationships I encountered during my day. The research was based on what kind of exercises I was implementing (e.g. focusing on legs, arms, cardio, abs, walking a dog, or a little bit of everything making it a random workout), along with when I workout (e.g., before or after an assignment). As well as, my relationships and connections I experienced throughout my day examining who, when, and what we did.

My research question stated again is: to what extent does exercise and human relationships impact my work as an interpreter? I analyzed how both exercise and human relationships impact my interpreting work together and to what extent, and in conjunction with isolating both exercise and human relationships from each other and exploring the depth of their influence. I tried different approaches with each factor, such as focusing most of my attention on exercising and not on relationships or connections, vice versa, focusing on both equally, and neither at all. The data was collected through the mode of journaling and logs, including notes when I am on assignments and for research, reflective writing, video recording work sample, and the approach I used to analyze my work sample (this was a TAP), and data collection charts/coding charts. These were used for collecting data on the different approaches to exercise and human relationships.

Personal Data

I, the participant, am a recent graduate from Western Oregon University's Interpreting Training Program (WOU's ITP) and am a new interpreter. I graduated and received a Bachelor of Arts in American Sign Language English Interpreting in June 2018 and later that month

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started graduate school. I will receive my Masters of Arts degree in Interpreting Studies (MAIS) early 2020. My residence is in Northern California. I am a part-time freelance interpreter and do most of my work in the post-secondary setting, a community college, with team interpreters. I also do volunteer interpreting at a few religious settings. All data collected was from my work in those two settings. I am both the subject and the focus of my research.

Starting January 2019 through June 2019 I collected data. During those six months, I collected in the form of journaling and a recording of my work. The core of my data was documented from February to May. There was a break between collecting the data and analyzing it. In October 2019, I started analyzing the data and then again in December to re-analyze it. I recorded the data only on the days I worked, which ranged from three to, on special occasions, six days a week including Monday-Thursday, some Fridays and Saturdays, and most Sundays. I exercised anywhere from nothing all week to four times a week. My workouts varied between thirty minutes to one hour and a half. Human relationships and connections were also noted on the days I worked, stretching from a short chat to hanging out with a person all day or spending the night.

Data Collection

As stated before, I studied and analyzed myself and my work through this action research, meaning that I am the main data source. The approach I took for this study was qualitative. My work as an interpreter was analyzed; taking into account the amount of exercise and human connections I have experienced examining how much they were influencing my work.

After each work day, when I arrived home, I would reflect and journal my thoughts, feelings, non-verbal feedback I received (e.g., head nodding, furrowed eyebrows), if I felt I was

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effective or not, my progress/improvements/growths, what exact workouts I did, if I enjoyed doing them compared to if I felt forced to go to the gym, when I exercised, if I sweated, time spent with people, who and what we did, and along with when we would have our interactions. Another source of data included a video recording of myself interpreting at one of my volunteer assignments. I analyzed my work sample and the findings will be shared. I did a TAP and reflected in my journal. In the beginning of journaling, I would type long paragraphs including every detail. About half way through the process of collecting, I switched to handwriting in my planner under each date, which allowed me to be concise with the information from the day, yet still including all the required details for each area I was investigating.

Data Analysis Procedures

For analyzing the data, I went back over all my notes, writings, recordings, journaling, and logs highlighting and coding common themes and putting them under categories. As I started going over my journal, I realized about a quarter way through that my first approach was not appropriate or adequate for analyzing the data. I started out with two T-shape charts for exercise and for human relationships a list (Figure 2). One titled, when did I work out, before or after? and the two sides of the T were before and after with space under for tally-marks. The second one titled, what kind of workouts? with underneath having legs, arms, and cardio with space under each for tally-marks. Under each chart I had a question, proved to be most effective? Why? Hoping that the most tally-marks would prove to show the most effective. For human relationships the title was, human relationships (who, when, what did we do), with hopes of having a bullet-point list of all interactions.

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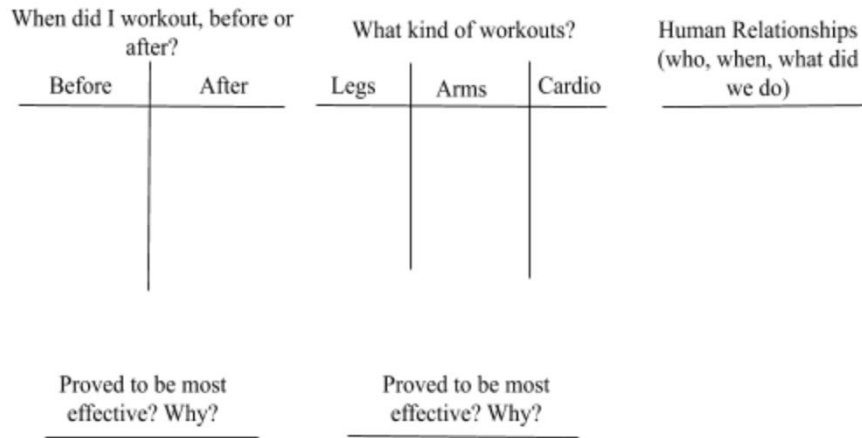


Figure 2. First approach to analyzing.

As I continued coding, I came up with another approach on how to analyze the data that would take the highlighting a step further. I went back over all my highlighted notes and made a bar graph based on my findings (Figures 4 and 5, found in results and discussion chapter). I had two graphs one for my good and effective days of interpreting and the other was for my not good and effective days (some days crossover, e.g. I would start off having a not good morning, but after working out my evening class went smooth making it an effective). I had four columns on each graph: workouts, no workouts, no human relationships, and human relationships. Each entry was a box with information in it pertaining to what I was investigating. Everything was color coded for clarity. For workouts, I was looking at if it was before or after an assignment, what day of the week it was, what kind of workout (what muscle group I was targeting), if it was good, if I sweated the whole time, and/or if I wanted to go compared to if I feel compelled to exercise. For no workouts, I noted the day and week. For no human relationship or connection, I recorded the day, which assignment it was (e.g. morning class, volunteer work, etc.), and a word or few on how the assignment went (e.g. focused on goals, went well, challenging, etc.). Human

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relationships had the most intricate set up involving different levels of relationships and connections. I categorized them. In each box, there is who, when, and what we/they did to impact my interpreting work. On top of all that, they were in all referenced to each other (e.g. if I have no workout on a Monday, I would have an arrow in the box pointing to where I would have a human relationship interacting on the same Monday, with an arrow in that box pointing to the no workout box).

After doing that for all six months of collected data, I dove deeper with counting all the boxes in each column and retrieving the information within. Again, I separated good and effective days from not good and effective days; I made a table for each column to organize the data. Under workouts I broke it down to total number, numbers for after and before, the account for each day of the week, the tally for each kind of workout, how many times I noted that I sweated, had a good workout, felt focused to go, and if I exercised with someone what we did and who it was with. No workouts consisted of a total sum and the amount of times I did not exercise on each day I interpreted. No human relationships comprised of the same information along with correlations to workouts and no workouts. Human relationships had more detail to analyze. There was the total number for each category, a tally for each day, who it included and how many times they were mentioned, and common themes found in that category. After everything was counted, I went back through, again, highlighting the top numbers in each column and cross-reference the top number in that column with each other to see if a pattern emerged. I also went back through and found the most common/popular pattern(s) in general in the columns.

The last step I took in coding and re-analyzing was to cross-reference human relationships with workouts and no workouts. I went through and counted how many times I

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stayed on a good day with and without exercising, accounting for what kind of workouts they were and when, too, seeing if a pattern emerged there. I did the same for how many stayed on not good days. I then compared the two types of days seeing if there was a relationship with an improvement in my day or a decline involving working out or not, also looking at the type of exercises and when it was carried out.

CHAPTER 4: RESULTS AND DISCUSSION

Presentation of the Findings

The purpose of this study is to add more knowledge about this aspect under the umbrella of self-care to the field of interpreting, focusing on exercise and human relationships, in hopes that more people will be able to analyze their self-care and see how it influences their work, positively impacting on their lives and work. In this chapter, the results of the data are displayed through graphs and tables, along with detailed written explanations. As stated before, I started by highlighting common themes and putting them under categories from my journal, logs, all my notes, writings, and recordings. Shown below in figure 3 and 4 are the bar graphs that are for each day, comparing good and effective to not good and effective, shown in all four columns: workouts, no workouts, no human relationships, and human relationships.

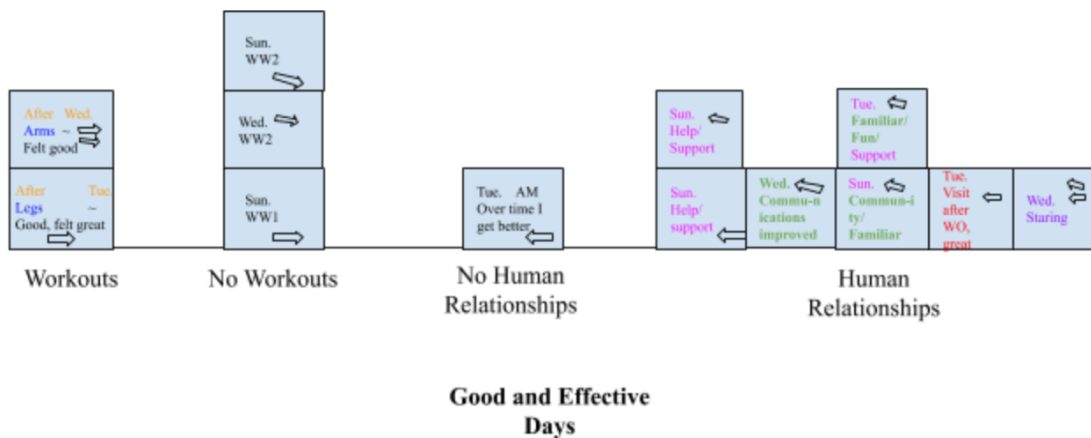


Figure 3. Sample graph for my good and effective days.

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Details recorded in the boxes, pertaining to the columns are or are not shared due to confidentiality of the people involved, but all information involving the workouts are shown. The two bar graphs are sample size and do not include all days recorded.

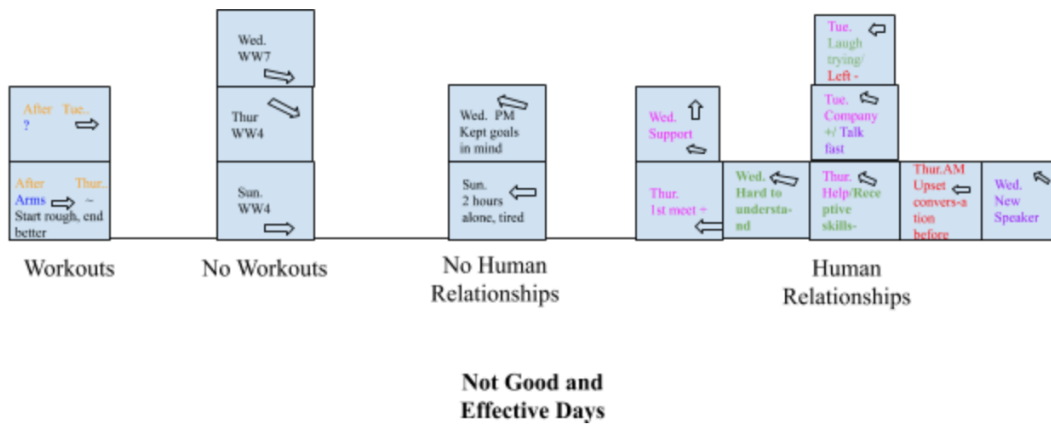


Figure 4. Sample graph for my not good and effective days.

For the different human relationships, there are different levels of interactions. The first and fourth column, on my graphs and charts, correlates with the top part of this figure (Figure 5). Column two relates to the right side. The fifth column is the lower section, more towards the right. Last, the third column, is a mix of all equal interactions of the four other columns. I use the different levels to explain the different interactions and to reference their level of impact.

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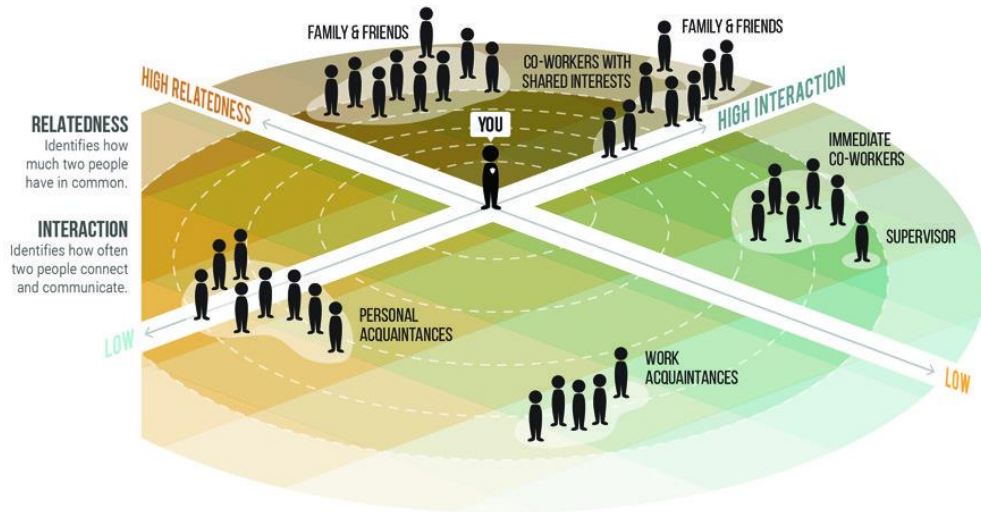


Figure 5. Levels of relationships (From “Why Relationships in the Workplace Matter More Than You Think,” by C. Dornfeld, 2020 (<https://bonfyreapp.com/blog/why-relationships-in-the-workplace-matter-more-than-you-think>). In the public domain).

Still comparing the two types of days, the tables with all the numbers of the documented accounts and information related to each section are presented. Revealing the top numbers in each section and the cross reference with those top numbers among each other, a pattern emerges. As well as, showing the most common/popular pattern(s) in each column. For both full charts see Appendix.

Good and Effective Days	Workouts	No Workouts	No Human Relationships	Human Relationships (Order as seen in graph)					
Total:	19	29	12	59 <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>22</td> <td>12</td> <td>11*</td> <td>9</td> <td>5*</td> </tr> </table>	22	12	11*	9	5*
22	12	11*	9	5*					

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Figure 6. Sample chart for my good and effective day of all the numbers of the documented accounts and information related to each section.

Showing the top numbers in each section and the cross reference with those top numbers among each other, as well as, the most common/popular pattern(s). The tilde [~] means did not want to go workout, but still went. The emoticon smiley face [:)] means it was a good workout. The minus [-] means negative and the plus [+] means positive. *The number and/or the day is the same regarding both effective and not effective days, they match.

Examining the good and effective days, out of 19 workouts, exercising before an assignment shows to impact my work a little more with an account of ten times. I included the days of the week to see if there was a difference in my work as the week went on, for better or worse. Thursdays showed to be the most popular, with seven days, and Tuesdays shortly behind with six. Leg day was the most common workout, having eight days. Having a good workout and sweating contributed to noteworthy exercising.

There was 29 days I did not exercise, most of them occurring on Sundays, having 11 days. No human relationships or connections were noted 12 times. The most popular day was Thursdays with six.

Under human relationships, in the first column there was a total of 22 accounted occurrences with ten happening on Thursdays and support also being the top theme. Next had a total of 12 and eight of which on Wednesdays. Top themes were familiar and mood. Third, five of the 11 occurred on Tuesdays. Familiar, support, pressure, non-verbal feedback/participation, and soft spoken were the top themes for that column. Fourth kind of interaction had a total of nine with four situations on Tuesdays. The fourth had the top theme being hangout before an

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assignment. Last column had three out of five on Wednesdays, with the top themes being familiar and chatting.

The cross-reference with top numbers were before and legs for three, before and Thursday for five, legs and Thursday for one, and before, legs, and Thursday for zero. The most common/popular pattern were after, Tuesdays, and legs with three, before, Thursdays, and arms with three, before was legs and arms for three each, Thursday was arms for three, and legs was after for five and Tuesday for five.

Not Good and Effective Days	Workouts	No Workouts	No Human Relationships	Human Relationships (Order as seen in graph)					
Total:	9	16	2	30 <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>3</td> <td>4</td> <td>11*</td> <td>7</td> <td>5*</td> </tr> </table>	3	4	11*	7	5*
3	4	11*	7	5*					

Figure 7. Sample chart for my not good and effective days of all the numbers of the documented accounts and information related to each section.

Showing the top numbers in each section and the cross reference with those top numbers among each other, as well as, the most common/popular pattern(s). The tilde [~] means did not want to go workout, but still went. The emoticon smiley face [(:)] means it was a good workout. The minus [-] means negative and the plus [+] means positive. *The number and/or the day is the same regarding both effective and not effective days, they match.

Looking at the not good and effective days, out of nine workouts, exercising after an assignment shows to impact my work a little more with account of five times. Tuesdays and Wednesdays showed to be the most popular, with both having four days. Leg, arm, and cardio and abs days were the most common workout, all having two days.

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There were 16 days I did not exercise, most of them occurring on Sundays, having four days. No human relationships or connections were noted 2 times. The two days were Wednesday and Sunday with one each.

Under human relationships, in the first column there was a total of three accounts with one happening on Tuesday, Wednesday, and Thursday and first time meet (positive), support/notice something was off with me, and they were distracted also being the top themes. Next had four and two of which on Wednesdays. Top theme was challenging/hard to understand. Third, four of the 11 occurred on Thursdays. Helped, enjoyed company, left, non-verbal feedback, not understand/confused, last night (positive)/spending the night, and late were the top themes for that column. Fourth kind of interaction had a total of seven with three situations on Tuesdays. The fourth had the top themes being upset conversation before, hanging out, left, and upsetting dream (negative). Last column had three out of five on Wednesdays, with the top themes being new speaker and chatting.

The cross reference with top numbers were after and Tuesday for two, after and Wednesday for two, after and legs for one, after and arms for two, after and cardio and abs for one, legs and Tuesday for zero, legs and Wednesday for two, arms and Tuesday for zero, arms and Wednesday for one, cardio and abs and Tuesday for two, cardio and abs and Wednesday for zero. No crossover patterns with all. The most common/popular pattern were after, legs, and Wednesday with one, after, arms, and Wednesday with one, after, cardio, abs, and Tuesday with one, Tuesday was cardio and abs with two and after with two, Wednesday was legs with two and after with two, after was arms with two, and legs was Wednesdays with two.

<u>Total of 6 got better</u>	*Notably stay good	Notably got better on a good	*Stay the	Got better	Human relationships	Human relationships
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<u>days because of workouts.</u>	on a good day:	day:	same on a not good day:	starting on not a good day:	(good day):	(not good day):
Workout:	7 times: 2 arm days, 3 legs, 1 random, and 1 walking a dog. 3 afters and 4 before.	3 times: 2 arm and 1 leg day. All before. (1 arm day started not good, got better after the workout, and then for the 3rd class was back to not good, partly due to 2 human relationship).	0	2 times: 1 walking a dog and 1 cardio & abs. Both before.	11	All 9
No Workout:	4	0	0	1	25	14

Figure 8. Cross-referencing human relationships with workouts and no workouts. *Notice there are more workouts then mentioned meaning that they fall under not making a big impact on my day/work. They stay in the day they are accounted for. I looked at days that have two arrows.

This figure shows the connection of an improvement in my day or a decline involving working out or not and cross-referencing human relationships. For notably stay good on a good day and exercising there were a total of seven times. Including two arm days, three legs, one random, and one walking a dog. There were three after’s and four before’s. Under the same column there were four no workouts.

The next column was titled notably got better on a good day with a total of three occasions. For exercising there were two arms and one leg day. All before. One arm day started not good, got better after the workout, and then for the third class was back to not good, partly due two human relationships. There were zero accounts for no workouts.

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The fourth column had a total of zero for working out and staying the same on a not good day. For no exercise, the sum was also zero.

The fifth column has the label of got better starting on not a good day with a tally of two. One walking a dog and one cardio and abs. Both happened before. There was one no workout under this section.

Human relationships for a good day, under workouts had 11 corresponding, meaning that eight were corresponding to no human relationships. Under no workouts, 25 had occurrences to human relationships and four did not. Relationships for not a good day and exercising were all nine accounts and not working out was 14.

Discussion

Good work was determined by hitting my goal(s) I set for myself, body language/non-verbal feedback I noticed, how I was feeling, a work sample, focused attention on assignment, accuracy, or a combination of them all. What I thought to be good work can vary depending on a class too (e.g., if I was a substitute for a class and did what I could with the limited information I was given). Sometimes I felt that I did not hit my goal(s), but felt great about the work I produced, and sometimes visa versa. Workouts were judged off effort put-in, not length of time I spent exercising. Some factors are not considered in this study include difficulty of an assignment, the environment, amount and type of preparation work, if/when I was sick, and life and professional events.

Again, the research question for this study was to what extent does exercise and human relationships impact my interpreting work? Looking at the results above, I can draw conclusions. Both exercise and human relationships have an impact on my work. Starting with exercise and comparing the two types of days, working out shows that 68% were on and contributed to having

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a good and effective days. For not exercising, 45% was not good and effective days. I noticed when I started this study, I had a bias that working out would have more of an influence on my interpreting work and I was paying more attention to that aspect. The findings show that it does influence my work, however not to a tremendous extent. I found, and the numbers support slightly, that exercising before when the type of workout was focused on my legs influenced my interpreting. There were three days that I did leg day before an assignment. I felt when I worked out before an assignment, I would not need to stretch my hands and wrists before interpreting. My fingerspelling would be smooth and clear, along with my working memory and reaction time improving. I felt warmed-up and ready to go. I believe this was because my blood was pumped and I already stretched my whole body. Going into this study, I knew I had a favorite workout, leg day. This research showed the amount of influence it had on my mood and attitude, in a positive manner, which in turn impacted my work (eight times on a good day and two on a not good day).

Having a sweat-induced workout also was an influence. To me, it showed assiduousness, that I was putting in effort and it was showing, which also boosted my mood. Suzuki (2018) presents that sweat-induced workouts can improve a person's memory and uplift their mood. She goes on to say exercise promotes more focus after working out, as well as faster reaction time. Zenizo (2013) also states the release of endorphins is another benefit of exercise. I believe this is why I felt a positive impact when I worked out before an assignment and my mood elevated when I did a leg day.

Looking at human relationships and the total for the two types of days, no relationships/connections had a 14% happening on not a good day. Out of the total for all interactions, 89, the first column had an 88% of occurring, second had 75%, third had 50%,

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fourth had 57%, and fifth had 50% occurring on a good day. Only looking within the 59 human relationships happening on a good day and going from left to right with the columns, 37%, 20%, 19%, 15%, and 8% are the weight of each interaction type. Now only looking at the 30 human relationships happening on not a good day and same order, 10%, 13%, 37%, 23%, and 17% are the percent's of the occurrences of each interaction.

Kawachi and Berkman (2001) state that it is beneficial to have social ties and that it affects one's mental/psychological state/well-being. The 88% occurring on a good day had the obvious and sizable influence, considering the placement on the interaction, relationship scale. I had more accounts, 59 total, on the good and effective days with the highest number in the first column, 22, while simultaneously the same column in not good and effective days has the lowest number of all, three. Displaying high relatedness and high interaction impacts my interpreting in a positive manner.

Along with the first column, I felt the fourth column had the same amount of influence on my day. It is one of the lowest of the five, with 16 interactions out of 89 happening in that column. This is due to it being in the same area of high relatedness and high interaction (Dornfeld, 2020). I felt what interactions happened in the fourth column would influence my whole day on interpreting, rather than honing in on one assignment. The nine interactions happening on a good day and the seven on the not good days are in close proximate to each other.

The third and fifth column, the mix and low interactions, have the same number revealing they have equal weight/influence on either day and do not exactly determine how my interpreting will go; my day could go either way. With the second section, technically it comes in second

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place for having a good day and fourth place for not having a good day. Illustrating the power it has to influence my work, leaning towards a beneficial day.

As presented in the charts above, focusing on the good and effective days: support, along with mood, familiarity, pressure, non-verbal feedback, participation, soft spoken and/or spoke slow, and hanging out/chatting are the top reasons I felt I succeeded on those days. Support being the most common mentioned in the columns and among the top results. “Support your co-workers and promote self-care for the good of the profession and your daily life. It is strongly recommend that self-care techniques be integrated into every interpreter training curriculum in the country” (RID, 2007, p. 4). Zenizo (2013) suggested keep a positive, supportive relationship with colleagues.

Moving the attention to not good and effective days, the top reasons stated were: the first time meeting, support/noticing something was off with me, they were distracted, challenging/hard to understand/confused, helped, enjoyed company, leaving, non-verbal feedback, the previous night’s work/spending the night, late, having an upsetting conversation before entering an assignment, hanging out/chatting, upsetting dream, and new speakers. As these are a little more scattered, finding the umbrella that would categories the more common theme could be called having more negative experiences. This means experiences that I have encountered and, due to my lack of experience in the field, I did not know how things were going to impact me, in which lead to sometimes-negative repercussions.

Adolphs’ (2003) article discusses the links between emotions and reason, as well as action and perception, and representation of ourselves and of others, a way of social cognition and social behavior. It is important for an interpreter to be able to process social information as a big part of our job is interacting and dealing with people. Overall these presents that human

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relationships and connections has more of an impact on my interpreting work than exercise. I believe this stems from the fact that I value human relationships above exercising.

Going further into detail with the cross-referencing table of human relationships with cross-comparing workouts and no workouts. A total of six workdays got better because of me working out. Drawing from that, I feel, if one were having a not good day, then working out may lead to an improvement in their workday. For a good day, 58% of workouts corresponded with relationships, 11 out of 19. Still on a good day, 86% of no workouts matched with interactions, 25 out of 29. For not a good day and exercising, 100% was connected to relationships, nine out of nine. Still on not a good day, 88% of not exercising was linked to interactions, 14 out of 16. The other percentages can be found under no relationships. These presentations of results appear, again, that relationships have the higher impact when it comes to influencing my interpreting. If I were to not have a good day, I can look at who is around me or with whom I have interacted with throughout the day, who might be influencing my work. Dealing with humans is part of the job; in hindsight it makes sense that they would have the largest impact on my days, especially for me since I value it above all else.

As the week goes on, is there a pattern of my work getting better or declining (Monday-Friday)? I noticed there was not a pattern that emerged, however I noticed for the good and effective days Thursdays were a popular day. Also, for relationships on the good and effective days the numbers in the columns start larger and become smaller, this was not planned. For not good and effective days, Wednesdays were a popular day. The opposite rather happened that the numbers goes up and then back down as the columns go, like a mountain shape.

Secondary Findings

General information I found out about my interpreting was when I noticed improvements it aided my effectiveness (e.g., creating a work sample and analyzing it). When I got into a routine, throwing the routine off would affect my interpreting work. I would get used to the pattern going a certain way, what to expect, and what was working for me. Not having a routine felt weird and would impact my work. In the classrooms, when the students got into small groups and did group work, I noticed I produced better work. I also became better with time, the second time in the chair, when I had a team (for the most part, not guaranteed though).

My personal bias in collecting, interpreting, and analyzing the data is it is my perspective and opinion about my work. What I think to be good and effective for myself might be someone else's average. It is my work and what I put into it. I predicted it might lean a little more to “making me look good” as that is something, as humans, we do and/or lean towards making myself look like I have no idea what I am doing, not only as a researcher, but as an interpreter too. I want to show the good and not the bad.

CHAPTER 5: CONCLUSION

In this action research project, I explored the extent to which exercise and human relationships and connections impacted my work as an interpreter. In this case study, I used Kolb's theoretical framework model as a foundation for the research. A simple way I thought of the theoretical framework model during the process was do, observe, think, and plan. Through different methods of collecting data, such as journaling, a recorded work sample, logs, and notes help give validity and a range of sources. Going back over all my notes (the data), highlighting themes, categorizing them, and making graphs and charts through the method of qualitative is how I collected data.

Further Research

Due to some of the limits of this study, such as subjectivity, definitions for the term of *good* and *effective* days of work, lack of experience as an interpreter and as a researcher in collecting and analyzing the data, some aspects were not included such as the difficulty of assignments, the environment, and the preparation work involved, my bias, and journaling as the primary source of data.

For future research, I would suggest one could broaden or narrow the research. Or substitute my two factors, exercise and human relationships, for two other aspects and investigate those to contribute to the profession. We need more research in our field, so if anything emanating from this study could be used to build upon for the benefit of our field. I would like interpreters to find this knowledge worthy of knowing and see the impact it can have on their lives. My hope was to make it easily applicable to other interpreters so they can

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apply it to their work and see the impact exercise and human connections can have on them and their work. Exercise and human relationships are very important impactful aspects of one's life.

Time is a consideration. In the future, one could collect data over a longer period of time. One could choose a different approach for collecting and analyzing the data, doing more than journaling and a recorded work sample, expanding to a wide variety of participants to have wider results, or changing the way to code the data. Also, having an interpreter of more experience conducting the research, adding their knowledge, years, experience, and professionalism to advance the case study.

In Closing

The ultimate goal was to improve my interpreting skills, knowledge, and professionalism, as well as contribute research to the interpreting field. I hope others will find inspiration from this action research project and seek growth for themselves by applying it to their work. The results suggest that if one were having a not good day, then working out may lead to an improvement in their workday. In addition, looking at who is around, a person they have interacted with throughout their day, who might be influencing their work. Relationships and connections seem to have the most influence on my interpreting. Dealing with humans is a big and important part of the job; it makes sense that it would be the largest contributor in impacting workdays. The bottom line is that human relationships and connections proved to impact my interpreting more than exercise, yet both contributed and influenced my work in positive ways.

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APPENDIX

Chart for my good and effective day of all the numbers of the documented accounts and information related to each section.

Good and Effective Days	Workouts	No Workouts	No Human Relationships	Human Relationships (Order as seen in graph)
Total:	19	29	12	59 22 12 11* 9 5*
Monday:	3	2	2	1 0 3 0 0
Tuesday:	6	4	4	4 2 5 4 3
Wednesday:	3	8	0	1 8* 0 2 3*
Thursday:	7	4	6	10* 2 1 1 0
Friday:	0	0	0	0 0 0 0 0
Saturday:	0	0	0	0 0 0 0 0
Sunday:	0	11 *	0	6 0 2 2 1
	After: 9 Before: 10			Cannot include names.
	Legs: 8* Arms: 4 Cardio: 1 Cardio and Abs: 1 Random: 2		3 involve a day that I exercised: 1 after, Tue & legs. 1 before, Tue & legs. 1 before, Thur & arms. 1 no workout	Common themes: Support Chat before/during Familiar Non-verbal feedback

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	Walk dog: 3		on a Thursday. All 4 were for evening classes.	<div style="border: 1px solid black; padding: 2px;">Neat to work with</div> <div style="border: 1px solid black; padding: 2px;"> Familiar Communication improvement Mood </div> <div style="border: 1px solid black; padding: 2px;"> Community Familiar Support Pressure Non-verbal feedback/participation Soft spoken Class environment </div> <div style="border: 1px solid black; padding: 2px;"> Hangout before/after Support Watched me Out of town </div> <div style="border: 1px solid black; padding: 2px;"> Looking Difficult Familiar Chat </div>
	With someone: 3 (legs, random, and cardio & abs)			
	~: 3 :) : 9 Sweat: 4 (Some days have a combination of :) & sweat: 3 and ~ & :) : 1			
Cross reference	Before &			

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with top numbers:	Legs: 3 Before & Thur: 5 Legs & Thur: 1 Before, Legs, & Thur: 0			
Most common/popular pattern:	After, Tuesdays, & Legs: 3 Before, Thursdays, & Arms: 3 Before: Legs and arms for 3 Thur: Arms for 3 Legs: After for 5 and Tue for 5			

Chart for my not good and effective day of all the numbers of the documented accounts and information related to each section.

Not Good and Effective Days	Workouts	No Workouts	No Human Relationships	Human Relationships (Order as seen in graph)					
Total:	9	16	2	30 <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>3</td> <td>4</td> <td>11*</td> <td>7</td> <td>5*</td> </tr> </table>	3	4	11*	7	5*
3	4	11*	7	5*					
Monday:	0	2	0	<table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>0</td> <td>1</td> <td>1</td> <td>0</td> <td>0</td> </tr> </table>	0	1	1	0	0
0	1	1	0	0					
Tuesday:	4	3	0	<table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>1</td> <td>1</td> <td>3</td> <td>3</td> <td>0</td> </tr> </table>	1	1	3	3	0
1	1	3	3	0					
Wednesday:	4	3	1	<table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>1</td> <td>2*</td> <td>2</td> <td>0</td> <td>3*</td> </tr> </table>	1	2*	2	0	3*
1	2*	2	0	3*					

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Thursday:	1	3	0	<table border="1"> <tr> <td>1*</td> <td>0</td> <td>4</td> <td>2</td> <td>1</td> </tr> </table>	1*	0	4	2	1
1*	0	4	2	1					
Friday:	0	1	0	<table border="1"> <tr> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>1</td> </tr> </table>	0	0	0	0	1
0	0	0	0	1					
Saturday:	0	0	0	<table border="1"> <tr> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </table>	0	0	0	0	0
0	0	0	0	0					
Sunday:	0	4 *	1	<table border="1"> <tr> <td>0</td> <td>0</td> <td>1</td> <td>2</td> <td>0</td> </tr> </table>	0	0	1	2	0
0	0	1	2	0					
	After: 5 Before: 4			Cannot include names.					
	Legs: 2* Arms: 2 Cardio and Abs: 2 Walk dog: 1 Home workout: 1 ?: 1		Both days were also no workouts. Wednesday was the second day in a row without exercise and no mention of human relationships.	Common themes: <table border="1"> <tr> <td>1st time meet + Support/notice something was off with me They were distracted</td> </tr> </table> <table border="1"> <tr> <td>Challenging/hard to understand Late Overhead, but participated</td> </tr> </table> <table border="1"> <tr> <td>Help Receptive skills Enjoy company Speaks fast/differs from plan Laugh trying Left Non-verbal feedback Not understand/ Confused No support</td> </tr> </table>	1st time meet + Support/notice something was off with me They were distracted	Challenging/hard to understand Late Overhead, but participated	Help Receptive skills Enjoy company Speaks fast/differs from plan Laugh trying Left Non-verbal feedback Not understand/ Confused No support		
1st time meet + Support/notice something was off with me They were distracted									
Challenging/hard to understand Late Overhead, but participated									
Help Receptive skills Enjoy company Speaks fast/differs from plan Laugh trying Left Non-verbal feedback Not understand/ Confused No support									

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				<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Last night +/-spending the night Late </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Upset conversation before Hanging out Left Argue/surgery Upsetting dream - </div> <div style="border: 1px solid black; padding: 5px;"> New speaker Visitor Comments Small groups Chat </div>
	With someone: 1 (cardio & abs)			
	~: 1 :):1 Sweat: 1 (One day has a combination of :) & sweat: 1)			
Cross reference with top numbers:	After & Tue: 2 After & Wed: 2 After & Legs: 1 After & Arms: 2 After & Cardio and Abs: 1 Legs & Tue: 0 Legs & Wed: 2 Arms & Tue: 0 Arms & Wed: 1 Cardio, Abs & Tue: 2			

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	<p>Cardio, Abs & Wed: 0 No crossover patterns with all.</p>			
<p>Most common/popular pattern:</p>	<p>After, Legs, & Wed: 1 After, Arms, & Wed: 1 After, Cardio and Abs, & Tue: 1 Tuesday: Cardio and Abs for 2 and After for 2 Wednesday: Legs for 2 and After for 2 After: Arms for 2 Legs: Wed for 2</p>			