

Отже, рівень складності перекладу інтернет-мему залежить від того, до якого виду він належить. Проведений аналіз засвідчив, що найважче піддаються перекладу креолізовані меми. Зважаючи на те, що тема нашого дослідження не втратить актуальності найближчим часом, перспективи подальших досліджень вбачаємо у вивченні підходів до перекладу українських мемів про війну для англомовної цільової аудиторії.

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WAR LITERATURE AS THERAPY: EXAMINING THE HEALING POTENTIAL OF THE NOVEL “MISTER PIP” BY LLOYD JONES

War literature is one of the best examples of human’s abilities to wreak havoc and resolve irrational conflicts. The disturbing amount of ancient epics and modern memoirs and novels broadcasts all the drawbacks of influential human desire for power and the suffering of the simple people from the war’s outcomes. Despite that, war literature not only describes the profound complexities of war, but also conveys the unique therapeutic value that may come in handy to deal with post-war depression. Recently, the topic of war has become widely discussed in our everyday lives with the help of mass media and current realities. Each Ukrainian somehow involved in the political tragic situation that causes huge psychological pressure is trying to find different ways for personal healing. Psychologists claim that there are a huge number of methods to deal with this alarming problem, and one of them is therapeutic reading in conditions of global conflict [1, 346].

The aim of this paper is to investigate the importance of therapeutic reading through such topics as self-reflection, empathy and fortitude in the novel “Mister Pip” by Lloyd Jones.

Reading usually offers a great opportunity to fresh our minds, to be absorbed in another person’s world as well as to get a lot of knowledge. In the research about the advantages of reading, K. Rayner, A. Pollatsek, J. Ashby, C. Clifton concluded that reading for sure helps to develop not only imagination and better perception of information, but also expands activity in the language output center in brains as people try to store the spoken words in their memory. That’s why reading is quite a momentous aspect of our being from the very childhood and realization that is in some way can help us to cope with such traumatic experiences as war makes it even a consequential element for the further investigation [1, p. 3].

Bibliotherapy is an active self-help, brief, non-pharmacological intervention that applies either cognitive therapy or behavioral therapy techniques. The main task of bibliotherapy is to teach a person how to control negative emotions and avoid them in everyday life. It looks like a truly great method to get out of the reality, focus on more positive things and take some time to rest from the terrible onslaught of war [2].

In the recent research, bibliotherapy was defined as the tool to fight the depressive symptoms that definitely could be considered as an outcome of the armed conflict [3]. Therapeutic reading plays an important role in treatment of serious mental health issues. Self-help therapy can be used by the individual without external assistance, such as those administered by health-care workers or that require minimal contact with a therapist. In

such a way, it is reasonable to assume that bibliotherapy itself is generally available and can be used by different levels of society. Taking into account everything mentioned above, we perceive such kind of self-therapy as one of the most convenient in the conditions of war and after it as well, as it requires just the person's desire to feel better and make it easier to survive the terrible events.

As bibliotherapy is based on reading skills, we can also look more carefully at its benefits and consider additional characteristics that can be helpful in our research. Reading different kinds of literature stimulates the brain and can improve cognitive function, including memory, concentration, and analytical skills [1, p. 280]. What is more, it provides the situation from different points of view that causes insights into one's own life and circumstances. Literature often induces self-reflection, encouraging readers to contemplate their beliefs, values, and behaviors. Thus, literature is able to change perception of information that can lead to a calming effect which is a helpful tool to get through the horrors of war.

War literature itself also plays a significant role not only because of the value information it consists of. Description of life during the war, the characters' difficult choices between life and death, and post-war rehabilitation can contribute to a change in the reader's worldview and a better understanding of the essence of his or her situation that can lead to finding out ways how to deal with problems. For example, many of Hemingway's novels and short stories deal with war explicitly and directly as the author himself experienced several wars during his lifetime, and he definitely can transmit his experience through the novel, causing the reader to feel that the reader is not the only one who went through such a harsh war phase of his or her life being [4, p. 303]. So, it is a perfect solution for readers to get some relief and even find some ways to heal after the conflict.

Truly great example of literature, to our mind, is the novel "Mister Pip" by Lloyd Jones. This story is set in Bougainville during the civil war, where young girl named Matilda finds inspiration in the teaching of Mr. Watts, a white man who reads "Great Expectations" by Charles Dickens to the village children. As conflict intensifies, storytelling and imagination provide Matilda with comfort and escape from the chaos. It is truly a perfect confirmation of the information that was provided above, as with the help of Mr. Watts, we understand that bibliotherapy has a calming effect on the children even during such monstrous occurrences as war: *"I had found a new friend. The surprising thing is where I'd found him – not up a tree or sulking in the shade, or splashing around in one of the hill streams, but in a book. No one had told us kids to look there for a friend. Or that you could slip inside the skin of another. Or travel to another place with marshes, and where, to our ears, the bad people spoke like pirates"* [5, p. 23-24].

Mr Watts is a person who can be accepted not only as a teacher, but children psychologist that understands the importance of getting out of reality sometimes during the conflict. His story is created by a diversity of anecdotes and the fragments of Dickens's novel. Such methodical approach in teaching definitely creates composing effect during his lessons and helps children perceive Mr Watts not only as a teacher and an adult, but also as person in whom they can find solace. He neatly describes the importance of the literature and makes children enthuse with it: *"... you cannot pretend to read a book. Your eyes will give you away. So will your breathing. A person entranced by a book simply forgets to breathe. The house can catch alight a reader deep in a book will not look up until the wallpaper is in flames. For me, Matilda, Great Expectations is such a book. It gave me permission to change my life"* [5, p. 157].

Despite the dangerous situation on the island, with the help of Mr Watts and Matilda other characters find strength in the stories they share. During their journey, readers are reminded of the power of literature and the capacity for hope even during the dark time: *"I do not know what you are supposed to do with memories like these. It feels wrong to want to forget. Perhaps this is why we write these things down, so we can move on"* [5, p. 179].

In the raging conflict of war literature appears as a symbol of solace and resilience. Because of analyzing the healing potential of reading during the conflict, we delved into the significant impact of war literature as therapy. War literature could be considered as a shelter for those who struggle with the horrible reality of the conflict and suffer from post-war depression: *"We have all lost our possessions and many of us our homes. But these losses, severe through they may seem, remind us of what no person can take, and that is our minds and our imaginations"* [5, p. 12]

In conclusion, the novel "Mister Pip" by Lloyd Jones and other examples of war literature have the transformative power of storytelling in the coverage of such topics as empathy, fortitude, understanding and self-reflection. During the dark time, bibliotherapy becomes a lifeline offering readers to get out of reality and find some hope among the despair. In the therapy of war literature we are able to find the strength to continue struggling for a better life and get some rest from the horror of the war.

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