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EARTH-BASED PSYCHOLOGICAL SUPPORT TO MITIGATE ASTHENIA IN SPACE: STRATEGIES AND CONSIDERATIONS

Abstract

Astheniya, or space asthenia, refers to the psychological and physiological symptoms experienced by astronauts during and after extended space missions. This abstract provides an overview of the challenges associated with space exploration, focusing on astheniya. Factors contributing to astheniya, such as prolonged isolation, confined living spaces, and altered gravity, are explored, leading to psychological distress, mood disorders, and cognitive decline. The microgravity environment disrupts neurochemical balance, impacting psychological well-being. Mitigating astheniya's impact is crucial, with support systems like communication with mission control, virtual reality therapy, and interpersonal training enhancing mental resilience. Pre-flight and post-flight evaluations enable proactive interventions and monitoring during reintegration. Individual psychological resilience plays a vital role. Interdisciplinary collaboration in space psychology and integrating research into mission planning advance astronaut well-being. Understanding and addressing astheniya is vital in space exploration, requiring exploration of factors, support systems implementation, evaluations, and collaboration.