

IAF HUMAN SPACEFLIGHT SYMPOSIUM (B3)
Human Space & Exploration (8)

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MARS SPACE EXPLORATION AND ASTRONAUTICAL RELIGION IN HUMAN RESEARCH :
PSYCHOLOGICAL COUNTERMEASURES OF LONG-TERM ASTRONAUTS**Abstract**

The development of science and technology has reached the point where the desire to travel to Mars has become a tangible reality. Therefore, the physical limits of human movement have become part of the systematic research on the space environment, including altered gravity, radiation and extreme factors. Astronauts stay in Earth's orbit for six months, during which time researchers conduct an initial psychological analysis to evaluate astronauts' internal changes in the context of isolation or confinement. What about the case of the long Martian journey over two to three years? How would lone exploration affect the mental conditions of the astronauts? How can the space community keep astronauts safe from psychological obstacles, such as depression, conflict, resentment, bipolar disorder, obsession and addiction? This paper explores the environmental factors of a healthy lifestyle (well-being) of the spacecraft. It presumes that a successful mission often relies on positive interactions between crew members and between the crew and ground personnel. The paper considers the mental sustainability from stress, emotions and perceptions to improve human tonicity or vitality and argues for a new strategy in space exploration policy. Specifically, the role of an astronautical religion beyond human intelligence and artificial intelligence (AI) could be a psychiatric anchor (in a moral, ethical and self-sacrificial context). It could be a psychological countermeasure for each member and could influence leadership of the space team, including the private spheres of physical exercise, hobbies, pets and virtual and augmented reality (VR/AR) entertainment. It could be used especially in the case of crises where science and technology fail their general functions.