Paper ID: 89987
student

IAF/IAA SPACE LIFE SCIENCES SYMPOSIUM (A1)
Interactive Presentations - IAF/IAA SPACE LIFE SCIENCES SYMPOSIUM (IP)

Author: Ms. Nargiz Aliyarli
Baku State University, Azerbaijan

Ms. Elza Salimli
Baku State University, Azerbaijan
Ms. Fidan Huseynzada
Baku State University, Azerbaijan
Mr. Alizada Ravan
Baku State University, Azerbaijan

EXPLORING THE PSYCHOLOGICAL IMPACT OF MENSTRUATION IN SPACE ON FEMALE ASTRONAUTS

Abstract

Space travel has enabled humanity to take significant steps in exploration and research. However, the length of time spent in space and the effects of the microgravity environment pose various challenges to human health. Menstruation among female astronauts holds a significant place among these challenges. This study aims to examine the potential effects of microgravity conditions in space on hormonal changes and physiological processes, as well as their reflections on the psychology of female astronauts.

This research is a review study conducted through a literature review and analysis of scientific articles. By examining research on menstruation periods in space, the effects of these periods on the psychological health of female astronauts will be identified and evaluated.

The microgravity environment in space can affect hormonal changes, which in turn can influence the emotional states of female astronauts. Studies suggest that menstruation periods in space may have a significant impact on female astronauts' sleep quality, stress levels, and overall psychological well-being. These effects need to be considered for the successful completion of long-duration space missions.

Understanding the psychological effects of menstruation in space is crucial for the planning and implementation of long-duration space missions. This study provides a fundamental framework for understanding the effects on the health and performance of female astronauts and offers guidance to enhance the success of future space missions.