Paper ID: 90707
student

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

Author: Ms. Elza Salimli
Baku State University, Azerbaijan

Mr. Alizada Ravan
Baku State University, Azerbaijan
Ms. Nargiz Aliyarli
Baku State University, Azerbaijan
Ms. Fidan Huseynzada
Baku State University, Azerbaijan

FROM EARTH TO SPACE: EMOTIONAL INTELLIGENCE AND INTERPERSONAL DYNAMICS AMONG ASTRONAUTS

Abstract

Space missions pose unique obstacles for astronauts, including prolonged solitude, an unfamiliar space environment, and extremely severe responsibilities that can compound stress and lead to interpersonal disputes and hostility. This abstract proposes the establishment of emotional intelligence training programs for astronauts as a means of mitigating stress and fostering positive team dynamics during space missions. The ability to understand, regulate, and manage connections in order to successfully manage emotions, foster resilience, and improve interpersonal relationships is known as emotional intelligence. If astronauts possess greater emotional intelligence, they will be more capable of enduring the challenges of space travel, managing their emotions under pressure, and interacting with their crew in a more adept manner. This abstract examines the literature on stress, aggression, and emotional intelligence in space environments and emphasizes the necessity for preventative steps to assist astronauts' psychological health. Building upon terrestrial research on emotional intelligence therapies, it suggests specialized training programs that integrate mindfulness practices, conflict resolution tactics, and interpersonal communication abilities. The research also discusses the potential effects of emotion intelligence training on crew cohesiveness, mission success, and astronauts' general well-being. The suggested method entails putting in place specialized EI training programs for cosmonauts both before takeoff and during the voyage. Techniques including empathy training, stress management exercises, mindfulness meditation, and conflict resolution skills would all be part of these programs. In addition, by incorporating virtual reality technologies such as VR, cosmonauts can develop astronautic intelligence in the form of immersive experiences in a simulation space environment. Finally, raising astronauts' emotional intelligence is a promising strategy for reducing stress, decreasing hostility, and promoting positive psychological outcomes during space missions.