



Psychology of Space Exploration: Contemporary Research in Historical Perspective (Paperback)

By Douglas A Vakoch

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Astronauts live and work in highly unusual and challenging environments where they must withstand multiple stressors. Their abilities to maintain positive psychological outlooks and good interpersonal relations are crucial for personal well-being and mission success. From the inception of the space program, psychologists, psychiatrists, human factors experts, and other professionals have warned that the psychological stressors of space should be treated as a risk factor and that the risk would increase as missions involved larger, more diversified crews undertaking increasingly long flights. Thus, they called for research leading to the development and application of effective countermeasures. Although psychology played a significant role at the inception of the space program, for many years thereafter certain areas of psychology all but disappeared from NASA. Interest in psychosocial adaptation was rekindled in the mid-1990s when astronauts joined cosmonauts on the Russian space station Mir. NASA's recognition of the field of behavioral health and its links to performance opened the door to many kinds of research that were formerly overlooked. Focusing on the underutilized areas of personality and social psychology, the chapters that...



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