

## “So... you want to leave the earth?” – The necessity of astronauts psychosocial support

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### What is Space Psychology?

Space Psychology is the psychological field which is associated with life in space. It contains parts of the areas of social, clinical, cognitive and experimental psychology, organizational psychology and human factor management. Science also has provided major contribution to the development of this sector similarly to engineering, architecture, biology, medicine, anthropology and sociology.

### Space travelling familiarizing program for kids through creative activities

#### Plan of intervention- program Phases

- Program Design
- Subject selection: “The familiarization of kids/teenagers with Space Exploration through art.”
- General aims and scopes:
  - Cognitive (Basic Astronomy, Human Space discovery History, Stakeholders that promote Space Exploration, Planet Characteristics, Importance of Science, Professions of the Future etc.)
  - Emotional (the fact that man has crossed the Earth’s boundaries)
  - Psychokinetic ( team play, planet observation through telescope, educational excursions to planetariums, astronomy towers and museums where they can interact with spaceship emulators- like the one located in the Cosmonaut Museum in Moscow, Russia.)
- Description of Parameters related to the subject ( Ecological, Environmental, Political, Cultural, National, Historical, Scientific)
- Getting to know space exploration through movie , via the theater, through music-poetry, through painting, through photography , through art collage

### A program based to artificial activities for astronauts

- Amateur space photography to support children with special health issues (the photos can be sent to earth in order to be used for financial support of these children. This way, space industry shows its humane aspect to the world.)
- Emailing with children who aspire to be astronauts. (this activity can also be linked to the familiarization program mentioned in the previous section).
- Amateur videos of everyday life in space as a means of educating the next generation. (this activity makes the astronauts understand their contribution to history, shaping them as better people. Mental protection is ensured from feelings of isolation, loss of meaning of life and depression.)
- With the support of the stakeholders undertaking the space mission, intercultural events can be held, with the participation of musicians and movie shows, in order to help the better understanding of the culture each team member comes from (eg Americans and Russians etc).
- Keeping a journal with the experiences of each day (with the possibility of financial support through publication).
- Painting and card making, which can be sent to earth, family members and as a means of Space Tourism promotion.)

This paper attempts to touch different aspects of Space Psychology with an emphasis on the improvement of our understanding on mental health needs of astronauts and cosmonauts, and promoting space culture. Regarding our first objective, in reference to weighty issues such as the meaning of Space Psychology and the reasons we deal with this, what are the factors affecting their lives in space (stress, radiation, difficulties in performance), psychosocial conditions of astronauts and cosmonauts (vast distance from home, crew diversity etc.), psychological tests and difficulties faced by Regarding the second objective, we are presenting an educational program scheduled from the writer of this essay that focuses on the space culture cultivation to young people through art and fee proposals promoting mental health through art to members of a space mission.