



## Human Behaviors in Space Exploration Mission

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### Message from the Guest Editor

Dear Colleagues,

If you are discussing astronauts' behavior, you must always mention at least three issues.

One is permanent stress caused by the threat to life and health, sensory and social deprivation, monotony, isolation and confinement. Therefore, when we speak about astronauts, we have to speak about coping with stress. Their behavior is determined by the effectiveness of their coping strategies, by their choice to avoid stress, to escape or to resolve the existing problems.

The second issue is the objective of every space flight. It is not an objective of the traveler, just to observe. They have to work in space to survive, to run life-supporting systems in their spaceship. Therefore, discussing behavior in space, we cannot help but mention professional performance and all the factors that determine success. They are cognitive skills, stamina, resilience, motivation, etc. Monitoring of the astronaut inflight is always targeted at their working capacity, performance mistakes, fatigue, sleep quality, etc.





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## Message from the Editor-in-Chief

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