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VIRTUAL REALITY(VR) TECHNOLOGY-PSYCHOLOGICAL SUPPORT FOR ASTRONAUTS IN
SPACE EXPLORATION**Abstract**

This abstract can experience stress, feelings of isolation, and hallucinations that occur in astronauts during long-term space missions. This abstract proposes a new approach to support psychological well-being through VR technology. By creating a virtual environment with VR technology, we provide the preparation of astronauts for space and their use in space. The fact that the psychological dimensions of VR are completely reliable allows us to evaluate the psychological state of astronauts. After this evaluation, the headsets that provide the VR experience together with the screens placed in front of the users' eyes, this stereoscopic 3D effect creates and provides users with depth perception. With this, virtual relaxation exercises, simulated natural environments, and interactive therapy sessions strengthen the stability and stability of astronauts' adaptation and psychological well-being in space. VR technology can create a favorable environment for astronauts to successfully explore space.