Contents

Foreword E. K. Eric Gunderson	v
Acknowledgments	vii
Contributors	xiii
Introduction	1
Part I. Settings	7
1. Life in Antarctica	9
2. An Experiential Perspective on Conducting Social and Behavioral Research at Antarctic Research Stations	15
3. A Review of Antarctic Behavioral Research	21
4. Current International Human Factors Research in Antarctica Desmond J. Lugg	31

5.	The Research Program of the International Biomedical Expedition to the Antarctic (IBEA) and its Implications for Research in Outer Space	43
6.	The Antarctic Experience	57
7.	Personnel Deployment Systems: Managing People in Polar and Outer Space Settings	65
8.	Psychological and Sociological Aspects of Manned Spaceflight	81
9.	Scientists and Seamen Ben Finney	89
10.	Three Decades of Nuclear Submarine Research: Implications for Space and Antarctic Research Benjamin B. Weybrew	103
11.	National Park Service Areas as Analogues for Antarctic and Space Environments	115
Pa	rt II. Orientations and Perspectives	123
12.	Theoretical Approaches to Adaptation to Antarctica and Space	125
13.	Groups in Isolation and Confinement: Environments and Experiences	135
14.	Environmental Design Cybernetics: A Relativistic Conceptual Framework for the Design of Space Stations and Settlements Wolfgang F. E. Preiser	147
15.	Small Groups and Confined Microsocieties	161
	Applications of Living Systems Theory to Life in Space IAMES GRIER MILLER	177

Pa	rt III. Isolation and Confinement Effects	199
17.	Effects of Isolation on States of Consciousness	201
18.	Imaginative Involvement in Antarctica: Applications to Life in Space	209
19.	Psychological Effects of Isolation and Confinement of a Winter-Over Group at McMurdo Station, Antartica	217
20.	Winter-Over Stress: Physiological and Psychological Adaptation to an Antarctic Isolated and Confined Environment	229
21.	Group Adaptation and Individual Adjustment in Antarctica: A Summary of Recent Research	239
22.	International Biomedical Expedition to the Antarctic: Physiological Studies in the Field	253
23.	The Third-Quarter Phenomenon: Do People Experience Discomfort After Stress Has Passed? ROBERT B. BECHTEL AND AMY BERNING	261
24.	Communication Issues of Spaceflight	267
Pai	rt IV. Interventions and Outcomes	281
25.	The International Biomedical Expedition to the Antarctic: Psychological Evaluations of the Field Party Jean Rivolier, Genevieve Cazes, and Ian McCormick	283
26.	Crew Selection for an Antarctic-Based Space Simulator Jean Rivolier, Claude Bachelard, and Genevieve Cazes	291
27.	The Psychophysiology of Adaptation and Competence: Altered States of Consciousness During Antarctic Wintering	297

xii Contents

	Psychological Effects of Long-Duration Space Missions and Stress Amelioration Techniques	305
	Proxemics and Privacy: Managing the Problems of Life in Confined Environments	317
30.	Functional Esthetics to Enhance Well-Being in Isolated and Confined Settings	331
31.	Windows: Their Importance and Functions in Confining Environments	349
32.	Decreasing Stress Through the Introduction of Microenvironments	359
33.	Keeping the Peace in Space: A Neighborhood Model for a Community-Based, Conflict-Resolution-Oriented Justice System . Donald M. Scott	363
34.	Antarctica and Outer Space: Emerging Perspectives and Perceptions	373
35.	Justice in the Antarctic, Space, and the Military F. Kenneth Schwetje	383
	Conclusion: Recommendations for Future Research	395
	Index	403