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Preliminary Thesis Statement

Space exploration as many know today is dangerous to the overall health of the human body. However an intriguing fact that is not understood among the general public is the negative mental state during these expeditions. According to the NASA article by *Abadie, Lloyd , Shelhamer* , teamwork in small spaces for extended periods is highly unfavorable. The results that manifest include, decline in contentment, ,motivation and a vexatious compulsion for everyday life, which includes outdoor pastime activities. Soviet film agencies of the early 20th century never knew about the overwhelming perils and difficulty of space travel. The major issue here is if those same administrations knew that what they aspired to in space travel, the joy of discovery, would only lead to severe sadness and melancholy would they have still continued to employ the theme of space travel in Soviet Movies.

Annotated Biblography

1 . *Abadie, Laurie J. Lloyd, Charles W. Shelhamer, Mark J. Gushanas, Timothy “*The Human Body in Space” National Aeronautics and Space Administration 31 Jan. 2017, <https://www.nasa.gov/hrp/bodyinspace>. Accesed 30 March 2017.

This article discusses several major problems concerning space travel, and how NASA is currenlty undertaking several studies to improve the overall conditions of the astronauts in preparation for a journey to the planet of Mars. Five major factors are discussed and give a cursory, moderate overview. Gravity can cause significant problems with the overall structural and metabolic integrity of the human body and study here is conducted in the small scale observation of astronauts on the International Space station and what methods can be applied to ensure mininal effects due to gravity. Confinement is small spaces leads to an array of circumstances concerning the mental state, careful and precise discretion is used for choosing candidates for the space mission as a result of this. The chance of sickness is increased during space travel as the immune system is not prepared for the drastic change of atmospheric variables, to counter this, air quality is constanlty monitored, urine is sampled and living quaters are made as enjoyable as possible. Space radiation outside the Earth’s atmosphere are highly dangerous leading to cancer and irreversible effects for the rest of ones life. NASA studies the effects at the ISS, which receives slightly more radiation, to find the best procedures to elimate radiation reaction in space travel