



UNIwersytet Śląski  
w Katowicach

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# **Societal relevance of polar psychology researches**

**Institute of Psychology  
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**POLAR RESEARCH**

**? = ?**

**PSYCHOLOGICAL RESEARCH**

**POLAR PSYCHOLOGY**

# **Why research are carried out in the field of polar psychology?**

**Monitoring health and quality of life  
of people staying in polar areas**

**Maximizing the efficiency  
of polar workers performance**

**Polar regions as an analogy to human behavior  
in another environment**

**The indigenous  
people from the area**

**The intentional  
periodic stay**

**An unintentional  
periodic stay**

**Sports and travel  
expeditions**

**Civilian work  
groups**

**Military work  
groups**

**The indigenous  
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**Sports and travel  
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**Civilian work groups**

**Military work  
groups**



## Anecdotal evidence

EXPLORATION

The diaries and books  
written by expeditioners

**Systematic research on polar expedition and work groups  
were commenced in the 20th century during the 1956-1957  
International Geophysical Year**



Leon, G. R., Sandal, G. M., & Larsen, E. (2011). Human performance in polar environments. *Journal of Environmental Psychology*, 31(4), 353–360.

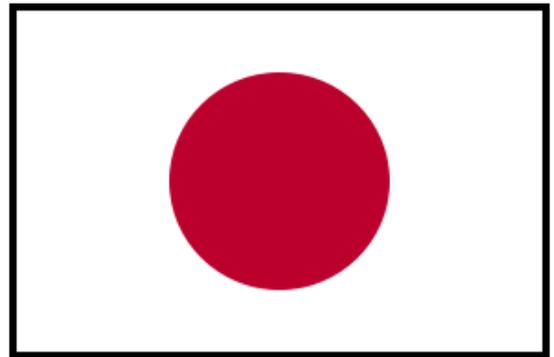
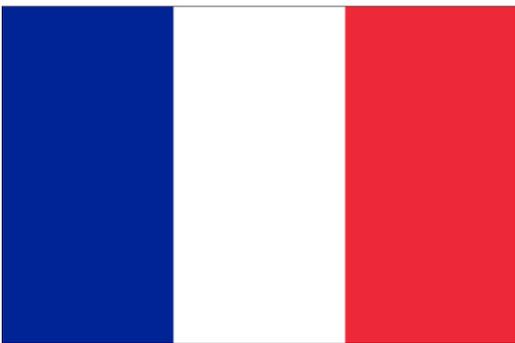
# THE SCALE OF RESEARCHES

1967	1
1978	1
1986	1
1988	1
1991	7
1992	1
1993	-
1994	3
1995	1
1996	-
1997	3
1998	2
1999	2
2000	13
2001	5
2002	-
2003	3
2004	3
2005	4

2006	3
2007	6
2008	3
2009	3
2010	9
2011	4
2012	2
2013	3
2014	-
2015	1
2016	8
2017	5
2018	3



**From what countries publications about polar psychology come from?**

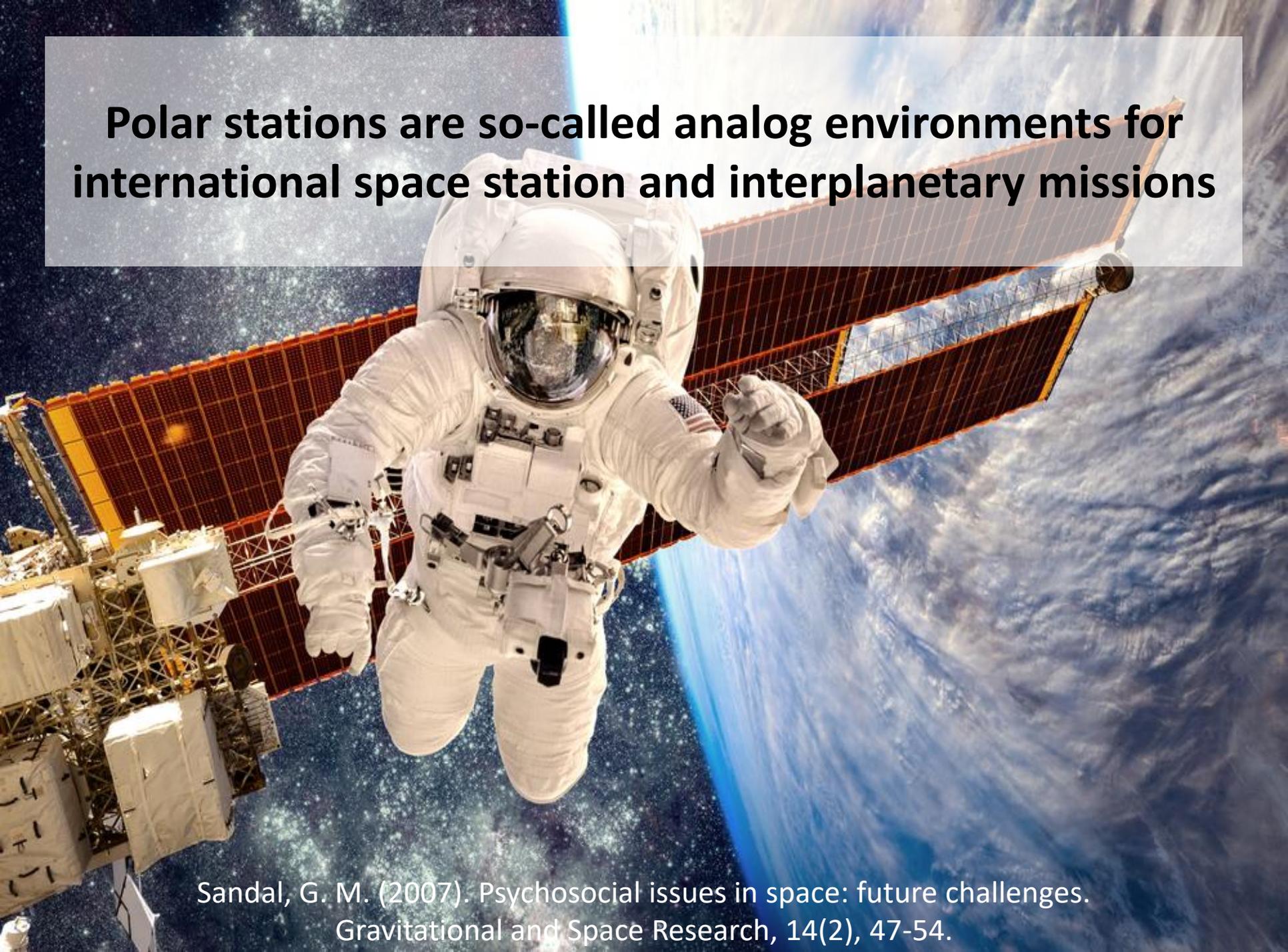




**Prof. Jan Terelak**

1976/87 – analysis of the selection of members of polar expeditions

1978/80 – winter-over combined with research work in the Henryk Arctowski Polish Antarctic Station



**Polar stations are so-called analog environments for international space station and interplanetary missions**

Sandal, G. M. (2007). Psychosocial issues in space: future challenges. *Gravitational and Space Research*, 14(2), 47-54.

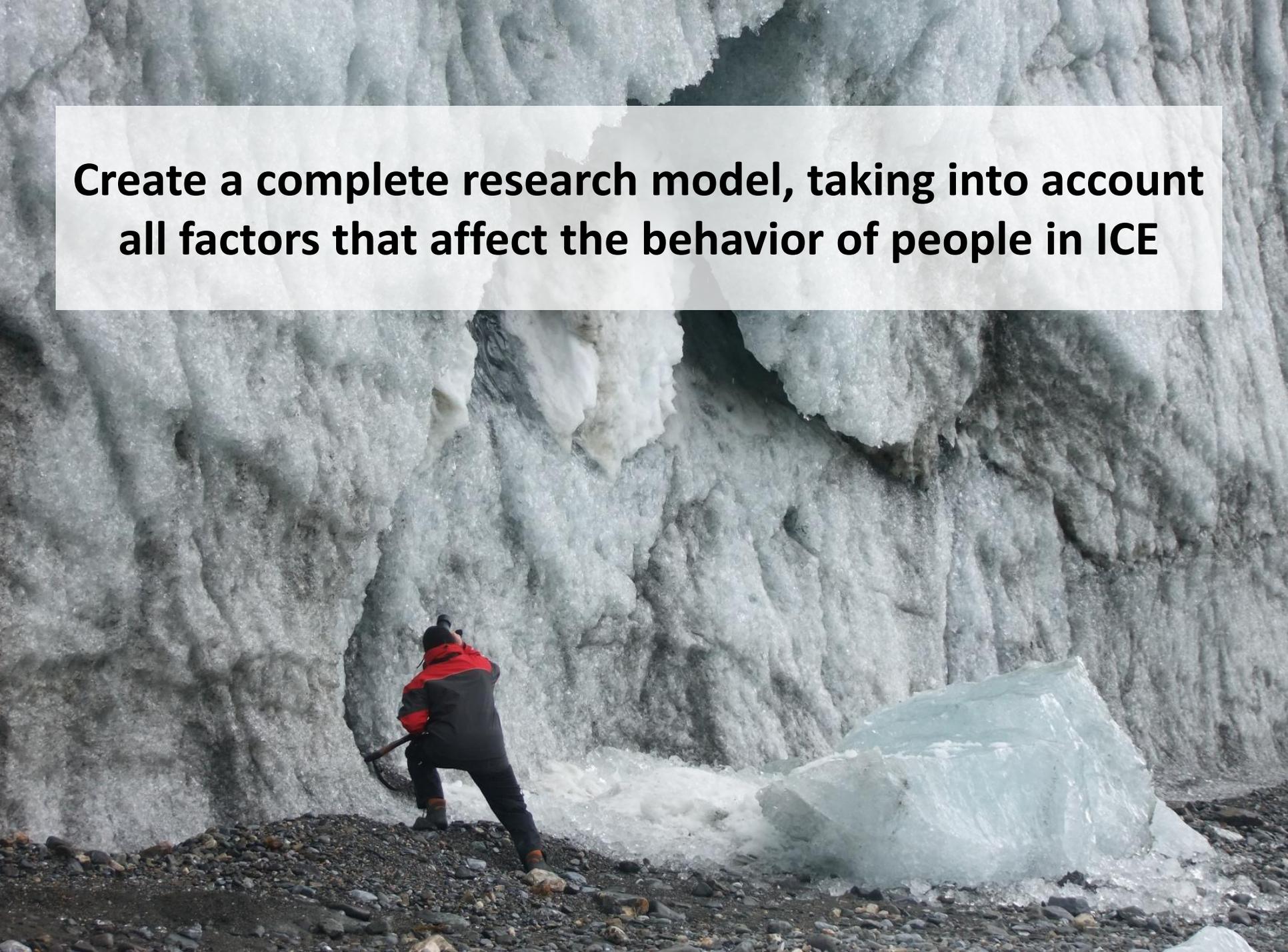
**What are the challenges  
for the psychological researches  
in polar regions?**

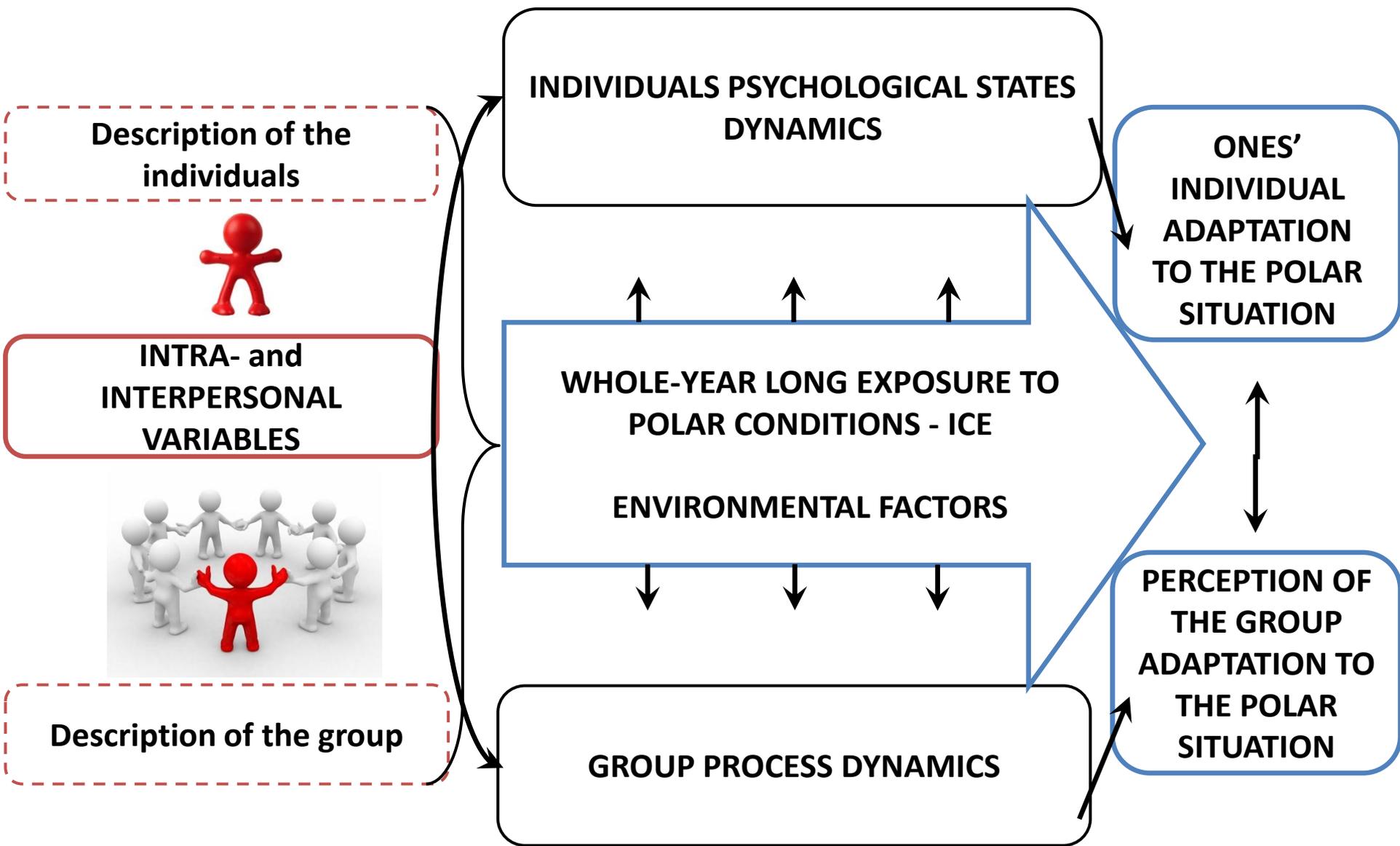


# Isolated – Confined – Extreme (ICE)

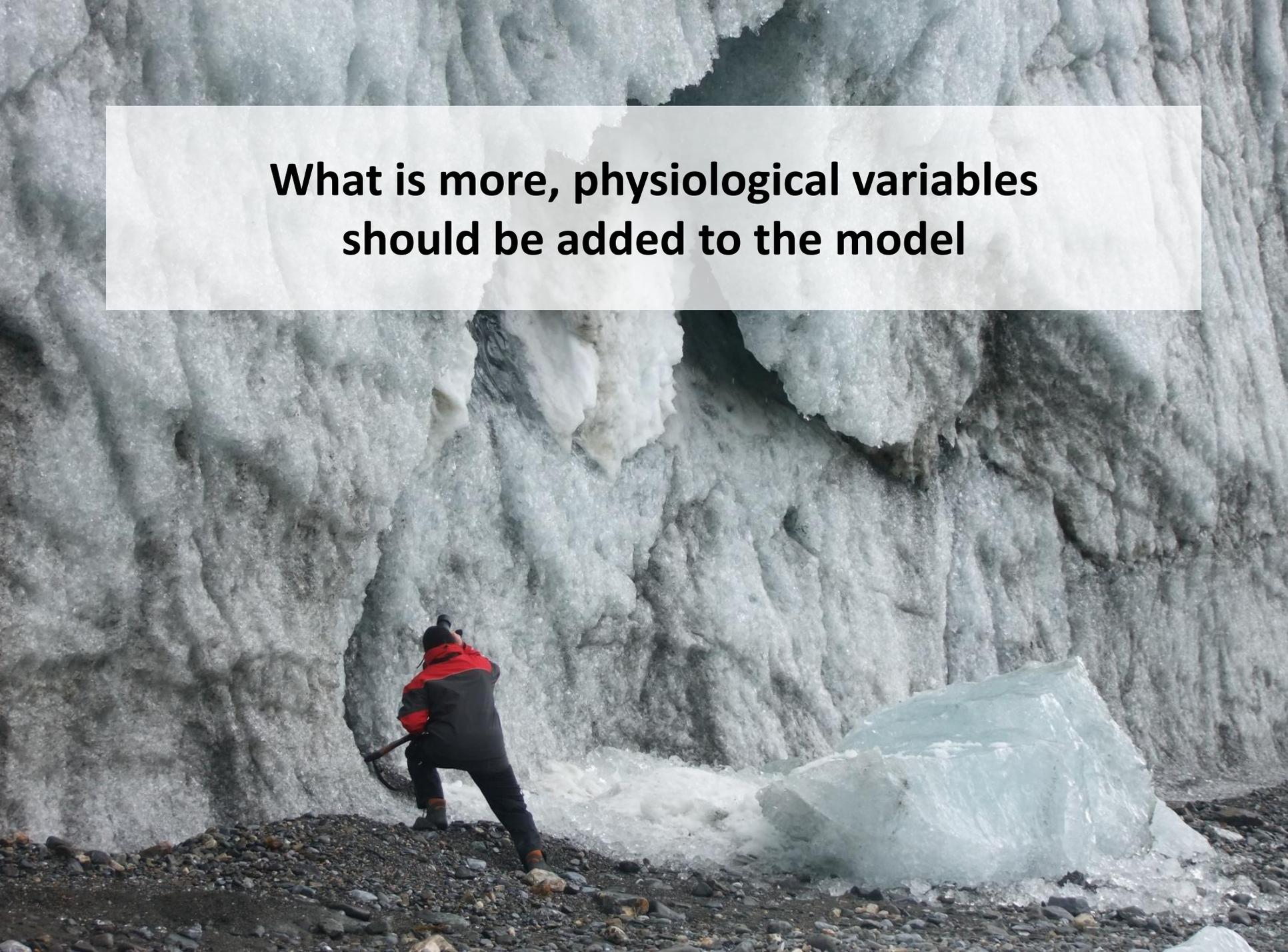


**Create a complete research model, taking into account all factors that affect the behavior of people in ICE**





**What is more, physiological variables should be added to the model**





**Reliable psychological measurements should be repeated often, this can be quite inconvenient for the respondents**



**Although international cooperation is desirable, we are beginning to deal with the paradox: 5 teams of scientists are planning to investigate a group of 10 people**



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**Participation in psychological research must be voluntary**

**There is a high risk of weakening the motivation of the respondents over a year, and there is no possibility of „recollecting the sample“**



**The current expedition will probably not get profit from participation in the research project, results will be vital for participants of the expeditions in a few years – postponed gratification may weaken the motivation to participate in research**



**Is there any hope for  
polar psychology researches?**



**An interinstitutional collaboration**

**One international psychological research programme**

**One international database of research scores**

**Information about the psychological program should be provided during the recruitment process, the organizers of the expeditions should encourage the polar men to participate in the research**

**Research should take place through the application, and the psychologist should visit the station personally**

# THANK YOU!

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