

# ASCENDING AND DESCENDING PSYCHOLOGICAL CHANGES IN THE FROZEN LANDS OF ANTARCTICA

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Abdul Hafidz Omar, Farhad Balash, Dayang Tiawa Awang Hamid,  
Kamaruzaman Soeed  
Universiti Teknologi Malaysia

## ABSTRACT

Dramatic change for those people travel from equator regions to polar lands would cause significant psychological and physiological challenges. In this study, the exploring team from Universiti Teknologi Malaysia was departed as to do their heuristic and probative duties. Three weeks travelling in the extreme cold weather in Antarctica brought the unprecedented opportunity for considering psychological changes. Methodologically, the qualitative approach was chosen to study the psychological changes. Observing and interviewing the six departed scientists were appropriate instruments to collect the data as to reveal the psychological changes. The data were analyzed through disclosing the emerged themes. The process of psychological changes at the individual level is divided into ascending and descending psychological factors, which are based on participants' reactions in different circumstances. Moreover, it is concluded that based on the recognized attitudes, individuals choose positive and negative strategies in order to act in a certain way to face the extreme cold conditions in Antarctica.