psychological and social terms. Regehr et al. (2025) research on social media recommendation systems discovered that because of its constant reinforcement in user feeds, particularly amongst young users on services such as TikTok and Instagram, algorithmic curation tends to radicalize or even propagate harmful ideology. The reason such a normalization effect exists is that the algorithms are optimized to produce engagement over the quality or safety of the content; this is to say that the provocative or emotionally evoking material can get traction even when it is harmful to the mental health of users. As the accumulation of harmful content in the recommendations of the user transforms the online experience, it changes the priorities of the user in the long term and shapes temperaments, attitudes, and social attitudes. Such biased personalization also applies to views on trust and fairness, where incorrect recommendations diminish users' determination of users about the responsibility of digital systems to protect their interests. According to Hilbert et al. (2024) research on the effects of algorithms, it is common to experience a bad recommendation - a recommendation that does not respond to needs or which can produce distress, in proportions that are unacceptable in other consumer systems. Although these poor proposals are in the minority, they are made very clear because of a high user engagement, and users get to doubt whether personalization offers any advantages to them or is just using their information as a performance indicator. Finally, a fractured algorithmic world appears as a place where digital customization undermines diversity, strengthens bad tendencies, and lowers trust. The lessons of recent research highlight the fact that these shortcomings will be treated by a more open, unbiased, and ethically driven design that considers the interests of users and information richness more than local predictive accuracy.

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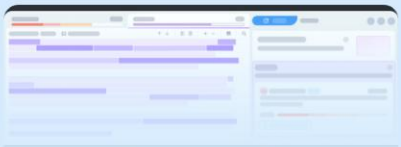

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on time, and instead of a time making it seem like a monotonous enclosure, it turns it into a meaningful workspace. By doing so, habituation becomes not only a technical prerequisite but also an intellectual anchor, and this way again reinforces the notion that discipline is needed not only to make it in the mission but also to maintain emotional balance millions of kilometers off the ground. But the mental heaviness of uniformity and confinement could not be completely removed even under the most well-planned morning rituals. Research in ICE spaces suggests that chronic sensory loss and restricted change in the environment might translate to frustration, emotional ups and downs, and seemingly subtle cognitive changes (Mane, 2025). Even in the Mars habitat, where the atmosphere is recycled, and the view is never more than rust-colored rocks, the lack of newness may exacerbate the sense of stasis. Small crews contribute to the occurrence of interpersonal tensions even more, since social circles are smaller, so the occurrence of minor conflicts is even more perceived, being even lonelier. According to De la Torre et al. (2024), these types of environmental stressors can be life-threatening in terms of morale and performance, so the systematic countermeasures: exercise programs, cognitive engagement exercises, and planned recreation are essential in everyday life. Therefore, morning routine is not merely about getting down to work, but aggressively protecting mental health against the insidious, slow erosion of solitude. But there, amongst these contrived rites, is human resilience and adaptive power. New studies point to psychological interventions like full-body virtual reality worlds that recreate natural scenery or even a social setting to work up the mood and lower stress (Sharp et al., 2025). Such technologies help astronauts experience temporary emotional breaks in the morning by making them feel connected to the rest of the world. Such inventions bring forward the possibility that the future Mars mornings might move past the strict survival patterns into the

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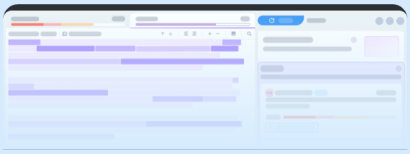

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In the current digital space, recommendation algorithms are supposed to provide value to personal users by personalizing the content; however, the algorithms are mostly prone to similar structural biases that predispose the user to certain elements and restrict the amount of information that can be accessed. Recent studies demonstrate that algorithmic systems broadly, and collaborative filtering systems employed by social networks and streaming applications, serve to promote popular content over genuine diversity, not to mention that they amplify the historical tendencies in users' behaviour (Carnovalini et al., 2025). This unequal attention is created by biases in data distributions and models and results in what scholars refer to as the popularity bias, with popular content prevailing at the top of recommendation lists to the detriment of niche or underrepresented content. This bias has been reported to be a major research issue in recommender systems and has an impact on the users and content providers. In this respect, a busted algorithm is a system that reduces coverage instead of increasing exposure, reducing serendipity and discrimination in online discovery. This popularity bias is a direct cause of the formation of filter bubbles, where users get exposed to a limited perspective of the available content influenced by feedback loops between previous behavior and algorithmic selection. Several in-depth studies of the recommender system recognize filter bubble as an explicit impact of the adaptive algorithms, reinforcing the previous preferences, restricting users to homogenized streams of content (Kidwai et al., 2023). The formation of these bubbles ensures that the user experiences fewer counter-pointed opinions or multiplicity of items in their informational diet, resulting in a skewed informational diet instead of the breadth of potential content that the algorithms are currently predicting. The learning processes in the algorithm themselves are not malicious,

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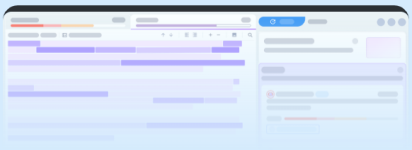

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