

Abstract The purpose of this study was to examine the effects of a 6-week training program on the psychophysiological responses of young women during a simulated flight deck task. Twenty-four female participants were randomly assigned to either a control or an experimental group. The control group performed the flight deck task without any physical training, while the experimental group performed the same task after completing a 6-week training program consisting of three sessions per week. The training program included cardiovascular exercise, strength training, and flexibility exercises. The results showed that the experimental group had significantly lower heart rate, blood pressure, and skin temperature during the flight deck task compared to the control group. These findings suggest that a 6-week training program can improve the physiological responses of young women during a simulated flight deck task.