Question \#30953
 astronaunt sitting in the rocket when his actual weight is 75 kg

Solution:
The actual weight of the body is
$P=m g$, were $m$ is the mass $g$ is the acceleration due the gravity
When the rocket is moving with acceleration the effective weight is as sum
$P_{\text {actual }}=P+m a$, where $a$ is the acceleration of the rocket, $m$ is the mass
Such as $a=3 g$
$P_{\text {actual }}=P+3 m g=P+3 P=4 P$
$P_{\text {actual }}=4 * 75=300 \mathrm{~kg}$
Answer: the effective weight is 300 kg .

