

Noise pollution and its effects

[Environment](#), [Pollution](#)



Noise has a big impact on people all day everyday. But with people not noticing it, makes it hard for anyone to do anything about it. It is causing many different problems to people mentally, socially, and physically. There are many ways to help or prevent it, but these changes are not immediately visible, so they are left unattended to. BIBLIOGRAPHY: Exposure to very loud sounds that are enjoyable, and not technically noise to the listener, can lead to hearing impairment. A survey of hearing was tested among youngsters between the ages of 6 and 19.

They found that 1 out of 8 of them suffered a noise-related hearing problem. Teens attend dances, equip vehicles with systems, and even work in loud fast food restaurants. Noises are especially bothersome at night when one is trying to sleep, which is vital to good health. Noise from snowmobiles, jet skis, and supersonic jets has also intruded on the environment, affecting animals' abilities to communicate, protect their young, and mate. MENTAL HEALTH: Noise pollution is not believed to be a cause of mental illness, but it is assumed to accelerate and intensify the development of latent mental disorders. Some of these cases would be : anxiety, stress, nervousness, nausea, headache, emotional instability, argumentativeness, sexual impotence, changes in mood, and increase in social conflicts. The news media regularly report violent behavior arising out of disputes over noise which in many cases these disputes ended in injury or death.

SOCIAL HEALTH: Noise is a prominent feature of the environment including noise from transport, industry, and neighbors. Exposure to transport noise disturbs sleep in the laboratory, but not generally in field studies where adaptation occurs. Noise interferes in complex task performances, modifies

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social behavior and causes annoyance. Studies of occupational and environmental noise exposure suggest an association with hypertension, where as community studies show only weak relationships between noise and cardiovascular disease. PHYSICAL HEALTH: Noise health effects are the health consequences of elevated sound levels. Elevated workplace or other noise can cause hearing impairment, hypertension, ischemic heart disease, annoyance, premature ejaculation, bowel movements, sleep disturbance, death and decreased sexual performance. Changes in the immune system and birth defects have been attributed to noise exposure, but evidence is limited.

Elevated noise levels can create stress, increase workplace accident rates, and stimulate aggression and other anti-social behavior. PERSONAL GROWTH: It takes a role in everyones life to help lower noise pollution. 1. Noise proof rooms formusicor people playing music 2. Don't slam doors. 3. Turn tv or music off when not listening to it 4.

Train your dog to not bark as much. 5. Don't rev up motorcycle or vehicle unless it is actually needed I nthe drive. 6. Don't beep your horn " just cause" only when you need to. 7. Don't yell.

Have civil conversations.