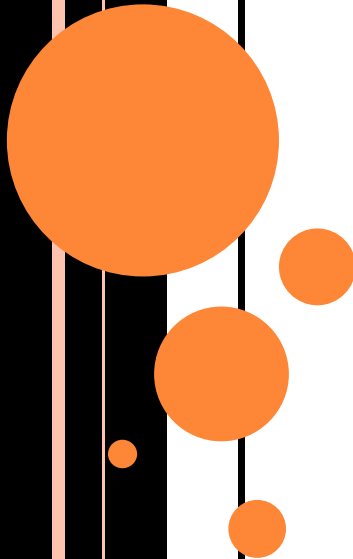


NOISE POLLUTION



WHAT IS NOISE POLLUTION?



- ¢ Sound that is unwanted or disrupts one's quality of life is called as noise. When there is lot of noise in the environment, it is termed as noise pollution.
- ¢ Sound becomes undesirable when it disturbs the normal activities such as working, sleeping, and during conversations.
- ¢ It is an underrated environmental problem because of the fact that we can't see, smell, or taste it.
- ¢ World Health Organization stated that "Noise must be recognized as a major threat to human well-being"



- ¢ Decibel is the standard unit for measurement of sound. Usually 80 db is the level at which sound becomes physically painful. And can be termed as noise.
- ¢ Humans, animals, plants and even inert objects like buildings and bridges have been victims of the increasing noise pollution caused in the world.



SOURCES OF NOISE POLLUTION



- ¢ **Transportation systems** are the main source of noise pollution in urban areas.
- ¢ **Railway Stations:**
- ¢ **Aircrafts:**
- ¢ **Construction of buildings**, highways, and streets cause a lot of noise, due to the usage of air compressors, bulldozers, loaders, dump trucks, and pavement breakers.
- ¢ **Industrial noise** also adds to the already unfavorable state of noise pollution.
- ¢ **Household Equipment** are the minor contributors to noise pollution. As mixers, vacuum cleaners and other noise creating equipment.



¢ Other Causes:

- ¢ The boilers, air conditioners, generators and fans contribute to noise pollution to some extent.
- ¢ Noise created by people in public places too is a major contributor amongst different sources.
- ¢ Loudspeakers used in public places are responsible for creating noise of a high degree



NOISE POLLUTION EFFECTS

1- Health effects

- ¢ There are direct links between noise and health. Also, noise pollution adversely affects the lives of millions of people.
- ¢ Noise pollution can damage physiological and psychological health.
- ¢ **Hearing loss:** Noise levels above 80 decibels produce damaging effects to the ear. When ear is exposed to extreme loud noise (above 100 decibels) for a considerable period of time, it can cause damage and lead to permanent hearing loss
- ¢ High blood pressure, stress related illness, sleep disruption, and productivity loss are the problems related to noise pollution.
- ¢ It can also cause memory loss, severe depression, and panic attacks.



- ¢ Effect on animal: noise pollution damages the nervous system of animals. Animal loses the control of its mind. They become dangerous.
- ¢ Effect on vegetation poor quality of crops: now that plants are similar to human being. They are also as sensitive as man.
- ¢ There should be cool and peaceful environment for their better growth. Noise pollution causes poor quality of crops .





SOLUTIONS FOR NOISE POLLUTION



- ¢ Planting bushes and trees in and around sound generating sources is an effective solution for noise pollution.
- ¢ Regular servicing and tuning of automobiles can effectively reduce the noise pollution.
- ¢ Buildings can be designed with suitable noise absorbing material for the walls, windows, and ceilings.
- ¢ Workers should be provided with equipments such as ear plugs and earmuffs for hearing protection.



SOLUTIONS FOR NOISE POLLUTION

- ¢ Similar to automobiles, lubrication of the machinery and servicing should be done to minimize noise generation.
- ¢ Soundproof doors and windows can be installed to block unwanted noise from outside.
- ¢ Regulations should be imposed to restrict the usage of play loudspeakers in crowded areas and public places.
- ¢ Factories and industries should be located far from the residential areas.



SOLUTIONS FOR NOISE POLLUTION

- ¢ Community development or urban management should be done with long-term planning, along with an aim to reduce noise pollution.
- ¢ Social awareness programs should be taken up to educate the public about the causes and effects of noise pollution.

