



**Buildings and Human Habitation, Department of
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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"



HEALTH EFFECTS

- A study show that 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.
- The majority of noise pollution victims show symptoms like hypertension, High blood pressure, stress related illness, sleep disruption, hearing loss, , irritability, and they complain of buzzing or ringing noises in the ear, including productivity loss are the problems related to noise pollution.
- It can also cause memory loss, severe depression, and panic attacks.



Noise from motorcars and buses is on the rise, as more and more vehicles come on the roads, and drivers indiscriminately sound their horns.

- A study shows that listening to music on headphones could also be damaging to the ear. While headphones are less extensively used in developed countries, they are heavily used in developing countries. Young people who complain of difficulty concentrating on their studies are often heavy users of headphones.



- Passengers in buses, often complain of loud music as a major disturbance. Loud music is prohibited on public transport in developed countries.



SOURCES OF NOISE POLLUTION

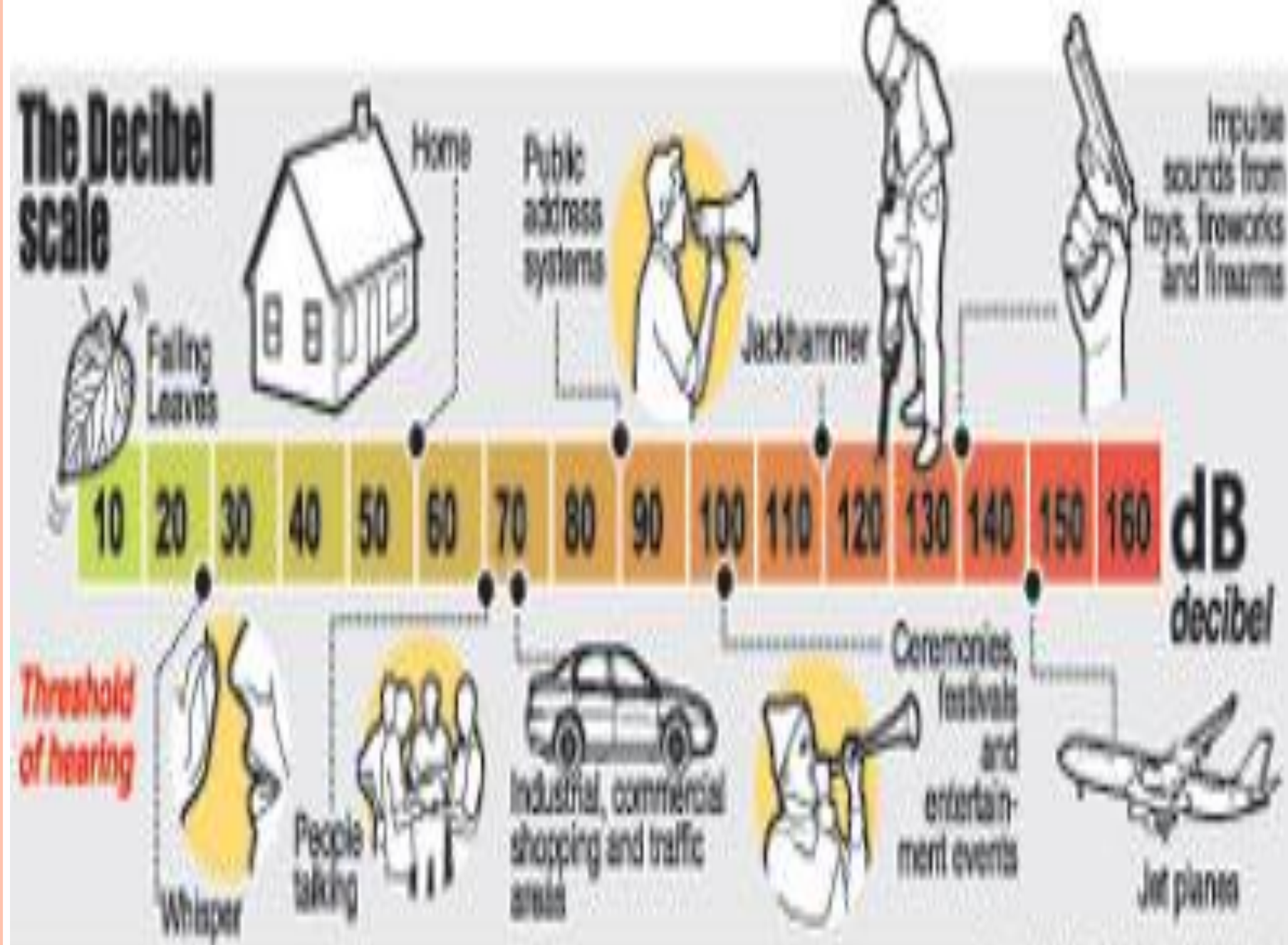


- Transportation systems are the main source of noise pollution in urban areas.
- Construction of buildings, highways, and streets cause a lot of noise, due to the usage of air compressors, bulldozers, loaders, dump trucks, and pavement breakers.
- Industrial noise also adds to the already unfavorable state of noise pollution.
- Loud speakers, plumbing, boilers, generators, air conditioners, fans, and vacuum cleaners add to the existing noise pollution.



Noise Pollution
- Loudspeakers

The Decibel scale



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.



REFERENCE

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- **NOISE POLLUTION – Chapter 7**

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