

P63. THE IMPACT OF NOISE POLLUTION ON HUMAN HEALTH

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Noise is define as any undesirable human or machine created noise which disturbs the activity or balance of human or animal life. In simple terms, noise is unwanted sound. Sounds produced by all vibrating bodies are not audible. The Intensity of Sound is measured in terms of sound pressure level and common unit is decibel. Thus dB measures how much intense is the sound as compared to reference intensity.

A noise problem generally consists of three inter-related elements: a) the source, b) the receiver, c) the transmission path. Major sources of noise: Traffic noise,air crafts creates serious problems in big cities. Heavy truck, buses, trains, motorcycles, jeeps, other vehicles are responsible for traffic noise. Industrial and construction machinery noise: Factory equipment, generators, drills, road rollers, and similar machinery also make lot of noise

Noise health effects are the health consequences of elevated sound levels. Elevated workplace or other noise can causehearing impairment, hypertension, ischemic heartdisease, annoyance, and sleep disturbance. Changes in the immune system and birth defects have been attributed to noise exposure. Noise exposure also has been known to induce tinnitus, vasoconstriction, and other cardiovascular adverse effects.Excessive noise seriously harms human health and interferes with people's daily activities at school, at work, at home and during leisure time. It can disturb sleep, causes cardiovascular and psychophysiological effect, reduce performance and provoke annoyance responses and changes in social behavior