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Perspective Article

A SHORT NOTE ON NOISE POLLUTION

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INTRODUCTION

Noise pollution, also referred to as environmental noise or sound pollution, is the spread of noise that has a range of impacts on human or animal activity, the majority of which are damaging to some degree. Machines, transportation, and dispersion systems are the primary sources of outdoor noise around the world. Noise disintegration or pollution can be caused by poor urban planning, and noise pollution in residential areas can be caused by industrial and residential buildings being placed side by side. Loud music, transportation (traffic, rail, planes, etc.), lawn care maintenance, construction, electrical generators, wind turbines, explosions, and people are some of the main sources of noise in residential neighbourhoods.

Sound issues in urban environments have indeed been documented from ancient Rome. The average noise level is 98 decibels (dB), which is higher than the WHO level of 50 dB for residential areas. Noise pollution is higher in low-income and racial minority communities, as according to research and noise pollution associated with household electricity generators is emerging environmental destruction in many developing nations.

High levels of noise have indeed been linked to physiological function in patients, along with an increased risk of coronary artery disease. Noise can increase the chance of mortality in mammals by interference with breeding and navigation, as well as contributing to permanent hearing loss. The ocean absorbs a huge proportion of the noise produced by humans. Until recently, the majority of noise-related research focused on marine mammals and, to a lesser extent, fish. Invertebrates and their responses to human sounds in the marine ecosystem have been the attention of researchers in recent times. This research is essential, given that invertebrates account for 75% of marine species and hence make up a substantial portion of ocean food webs. In the studies that have been conducted, a wide range of invertebrate families has been represented. The complexity of their sensory systems varies, allowing

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scientists to explore a variety of characteristics and gain a better understanding of the effects of human sound on living organisms.

Noise pollution has a detrimental effect on both health and well-being. Unwanted sound (noise) can be harmful to one's health. Noise pollution has been linked to a variety of health issues, including cardiovascular disease, hypertension, excessive stress levels, tinnitus, hearing loss, sleep difficulties, and other harmful and unpleasant effects. Noise pollution has been linked to a faster rate of cognitive impairment, according to a review of the literature published in 2019.

Sound becomes unpleasant when it disrupts or degrades one's quality of life by interfering with routine activities such as sleep or talking. Long-term exposure to noise levels above 85A-weighted decibels can cause noise-induced hearing loss. When Maaban tribesmen were compared to a typical U.S. population, this was discovered that chronic exposure to fairly high levels of environmental noise contributes to hearing loss.

Children and adults just on the autistic spectrum can be affected by noise pollution. Hyperacusis, or extreme sensitivity to sound, is a sign of Autism Spectrum Disorder (ASD). In noisy environments with loud sounds, people with ASD may experience negative sensations such as fear and anxiety, and also unpleasant body reactions. Individuals with ASD might avoid sound surroundings, which can lead to isolation and have a negative influence on the quality of life.