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AN ESSAY ON NOISE POLLUTION- Definition,types causes,effects,and solutions. Firstly, what is noise?

Noise is unwanted sound considered unpleasant, loud or disruptive to hearing.

Noise pollution is one of the various environmental hazards that occur from time to time, it is also known as environmental or sound pollution. The effects these hazards have on us human beings and animals is what makes it a polluting agent.

Noise pollution can therefore be defined as the propagation of noise with raging impact on the activities of human or animal life most of them harmful to a degree.

Noise pollution has a negative impact on wild life by reducing habitat quality,increasing stress level and masking other sounds. It can also be defined as any disturbing or unwanted noise that interferes or harms humans or wildlife

TYPES OF NOISE POLLUTION

Noise pollution can be characterized into three (3) main parts namely;

1)Industrial noise pollution

2)Transport noise pollution

3)Neighbourhood noise pollution

1)Industrial noise pollution is caused by the running of industrial machinery and appliances which can produce continuous or impulsive noise.

2)Transport noise pollution is basically the noise produced by vehicles and its users. This includes the sound of the engine running and the honking heard during traffic jams.

3)Neighbourhood noise pollution refers to the everyday noise made in the neighbourhood such as the use of electronic devicesand everyday conversations

CAUSES OF NOISE POLLUTION

The causes of noise pollution are basically associated with the types of noise pollution e.g

Traffic noise

Construction sites

Catering and night life

Animals ,physical, psychological etc.

EFFECTS OF NOISE POLLUTION

Noise pollution has been known to cause a lot of unpleasant effects to both the environment and also a range of health problems .

Effects namely;

Irritation

Nervousness

Increased stress

Sleep disturbance and increased blood pressure

Stress, poor concentration

Communication difficulties, fatigue

To more serious issues like;

Cardiovascular disease

Cognitive impairment

Tinnitus- A ringing or buzzing noise in one or both ears that may be constant or come and go ,often associated with hearing hearing loss.

And hearing loss

SOLUTION TO NOISE POLLUTION

There are various ways to reduce noise pollution namely;

1. By turning off appliances when not in use
2. Use of earplugs
3. Lowering the volumes
4. Planting more trees- it’s the sound produced by the wind passing through the leaves that really helps muffle(conceal/protect) noise.
5. Regular maintainnance of vehicles and machines etc

By controlling noise we can control negative health effects that noise pollution has on everyone.

Facts about noise pollution

\*in 2015 the centre for disease control and prevention(CDC), found that mining was the industry with the loudest work environment,followed by manufacturing and construction.

\* psychology today reports that the number one cause for hearing loss is actually not age ,its noise.