

# Noise Pollution: Effects, Causes, and Potential Solutions

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## Introduction

Some people may frown upon it, while others might nod their heads with their whole-hearted smile on their faces - no matter which category you belong to, as a person, especially as a person who must live in a neighborhood, the quality of the neighborhood has always been an important issue to be concerned about when you are looking for a place to live. For most people, the quality of the neighborhood is at the center of attention even more than the quality of the living spaces. As much as a good neighborhood can positively affect our mental and physical health and improve the quality of our lives, a bad neighborhood can increase anxiety among neighbors and can decrease their lives' efficiency. Although there exist lots of problems that need to be solved in every neighborhood, noise pollution, no matter whether this noise is made by your neighbors or the surrounding environment, is with no doubt the most important issue in almost all neighborhoods. First, it is essential to investigate the reasons why noise is an important issue in almost every neighborhood and then explore the main contributing causes of the noise problem.

## Effects of Noise Pollution

The first and also foremost reason why noise is an important issue in neighborhoods lies in the inevitable fact that noise pollution can have negative effects on our physical health. Living in a noisy area can affect the quality of people's sleep, daily activities, and even general physical health factors. According to the International Program on Chemical Safety, "an adverse effect of noise is defined as a change in the morphology and physiology of organism that results in an impairment of functional capacity, or an impairment of capacity to compensate for additional stress or increases the susceptibility of the organism to harmful effects of other environmental influences" (Siano). Environmental noise exposure is responsible for a range of health effects, including increased risk of ischemic heart disease as well as sleep disturbance, cognitive impairment among children, annoyance, stress-related mental health risks,

# Noise Pollution And Its Effects Essay

**Wenbin Ji**



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