

NOISE

Authored by
Mohammed looti

September 30, 2025

RECOMMENDED CITATION

Mohammed looti (2025). *NOISE*. Encyclopedia of psychology. Retrieved from <https://encyclopedia.arabpsychology.com/?p=10671>

NOISE

Noise is an unwanted sound that can have a variety of negative effects on human health and wellbeing. Noise pollution is defined as "unwanted or harmful environmental sound created by human activities" (Lambert, 2018). In recent years, noise has become an increasingly prevalent environmental issue due to the ubiquity of modern technology, transportation, and construction. In fact, the World Health Organization estimates that one-third of the world's population is exposed to noise levels that exceed recommended levels (WHO, 2018). As a result, it is important to understand the sources, effects, and potential solutions for noise pollution.

Sources of Noise

Noise can originate from many sources, including transportation, construction, industrial activities, and recreational activities (Lambert, 2018). The loudest sources of noise are typically motorized vehicles, such as cars, trucks, and trains, which have become increasingly common in urban areas. Additionally, aircraft and construction activities can produce high levels of noise (WHO, 2018). In densely populated areas, the cumulative effect of all of these sources can create a high level of background noise.

Effects of Noise

Excessive noise can have a variety of negative effects on human health and wellbeing. The primary health concern associated with noise is hearing loss, which can be caused by long-term or short-term exposure to high levels of sound (Lambert, 2018). In addition to hearing loss, noise can also cause increased stress, sleep disturbance, cardiovascular problems, and cognitive impairment (WHO, 2018). As a result, it is important to limit exposure to excessive noise to prevent these adverse effects.

Potential Solutions

There are several strategies that can be used to reduce noise pollution. One of the most effective solutions is to limit the sources of noise, such as by restricting certain activities in residential areas or installing noise barriers on roads (Lambert, 2018). Additionally, people can reduce their own exposure to noise by closing windows and doors or using noise-canceling headphones (WHO, 2018). Finally, governments can implement regulations to limit noise from motorized vehicles, aircraft, and construction activities (Lambert, 2018).

Conclusion

Noise pollution is a growing environmental issue due to the ubiquity of modern technology, transportation, and construction. Excessive noise can have a variety of negative effects on human health and wellbeing, including hearing loss, stress, sleep disturbance, cardiovascular problems,

and cognitive impairment. Fortunately, there are several strategies that can be used to reduce noise pollution, such as limiting sources of noise, using noise-canceling headphones, and implementing regulations.

References

Lambert, M. (2018). Noise pollution: Sources, effects, prevention and control. *Environmental Pollution*, 241, 436-451. <https://doi.org/10.1016/j.envpol.2018.01.116>

World Health Organization. (2018). Noise and health. Retrieved from <https://www.who.int/ceh/risks/noise/en/>

ARABPSYCHOLOGY.COM