

NOISE AND LIGHT POLLUTION

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“Environmental pollution is an incurable disease, it can only be prevented.”

- Barry Commoner

Pollution is the presence of any substance which are harmful to our environment. These harmful substances are known as pollutants. Pollutants can be natural such as ash from a volcanic eruption or man-made like effluents from factories. Pollution is not only harmful to the environment but the components thereof. All living organisms are negatively affected by pollution.



In humans and many animals, prolonged exposure to noise leads to higher blood pressure, irritation, and even permanent hearing loss. Hence, it becomes crucial to combat it. Many measures can be taken, for instance, introducing noise limit levels, making the use of earplugs when in noisy surroundings, and reducing noise in sensitive areas like schools and hospitals. Planting trees also helps in controlling noise pollution.

Pollution is mainly of three types i.e. air, water, soil, and noise. Somewhat less common but very apparent is light pollution. Noise pollution is the presence of undesired, loud sound which has a detrimental impact on the health of organisms. According to the WHO, any noise above 65 dB is categorized as noise pollution. It is caused by industrial equipment, vehicles, and propagation systems. Daily exposure to loud noise causes Noise Induced Hearing Loss (NIHL).



Light pollution is the existence of artificial, excessive, or unwanted lighting. It is the improper use of light around different times of the day. It has several derogatory effects on the environment as well as on the organisms. Trees find it harder to adjust to seasonal variations after prolonged light exposure. Animals like insects, turtles, fishes, and reptiles affect their breeding cycles.



Birds are frequently in a dilemma because they are disoriented by brightly lit buildings during their travel. For humans too, exposure to artificial light for a long duration of time disturbs the circadian rhythm which in turn causes many problems like depression, insomnia, cardiovascular diseases, and cancer.

Light pollution interferes with research work too. It can be prevented by using motion sensors and timers to decrease illumination levels, turning off indoor lighting when not in use, and using LEDs can help to some extent.. These issues can be resolved with immediate action and active participation of the citizens of the earth.

