

Noise Destroying the Peace of North Pakistan

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ABSTRACT

Excessive amount of noise or unwanted sound is named as noise pollution, which could be created due to generators, exhaust fans and heavy machines in the industries and also electric home appliances like water motor, TV or washing machine etc. One of the strong reasons of this pollution could be structures and location of the industries, big buildings and houses. Usually they are congested and multi-story. Noise pollution is one of the biggest and concerning issues these days which needs to be taken care of seriously by the society. This pollution is adversely affect the human health into three ways; one hearing issue, two sleeping disorder and three create aggressive attitude of human, stress and hypertension as well. These all types of effects are very prominent in most of the areas of Pakistan particularly in congested areas, where we have heavy traffic and heavy machines. With the fast growing population, noise pollution is also increasing side by side not only in urban areas but also affect the rural and remote areas of Pakistan. Azad Jammu and Kashmir is one of the most beautiful places in northern Pakistan and millions of tourist usually visit and would like to enjoy their lives after spending many days here. Now with the passage of time this worth-seeing place is also escaped from this type of pollution and people find peace by moving far from the main city as well. It is also surprising from the visitor's attitude and behavior, where they don't prefer to stay and would like to go farther from main city due to its noisy environment. For the purpose, we try to analyze the pollution in AJK by measuring the noise levels in some areas of Mirpur through digital sound level meter. It is observed that noise level ranges from 72 to 86 DB on average, which is quite high and hazardous to citizens of selected areas. It is suggested that proper planning for the construction of buildings and regular scanning of the automobiles may control the noise pollution from outside and proper time management and maintenance of home appliances may help in reducing the noise pollution inside the houses.

KEYWORDS: Noise Pollution, Pakistan Noise, Urban Life, AJK.

1. INTRODUCTION

From the last decade it is renowned fact that worldwide societies are seriously affected with noise pollution. All harmful effects are accomplished with noise pollution of people well-being. It illustrates all issues which illuminated the noise pollution and its kinds which negatively affect the human's health and decrease methods of noise. Various studies have been conducted to discuss the issues which relate noise pollution and elaborate that how can we overcome this problem. With the usage of plants in Turkey, it is explained in detail that methods adopted to reduce this problem through vegetation are appreciable. Moreover the research finding shows negative effects of noise pollution on the health of common public and these researches can be used for the planning to protect the potentially affected areas in particular. The reduction of traffic noise by vegetation can be very useful as there is no side effects of using plants overall. Noise is an unwanted problem which largely affected the human health and disturbed the people based on the intensity and the time. This could be very serious and uprising issue of next century[1].

Pakistan is ranked as number ten among one of those countries in the world where noise pollution is very high (Latin, Micheal; July 2014). Being an agricultural country, 61.24% people is living in rural areas as a percentage of total population and they mostly use tractors on their fields and electronic appliances, machineries which are cheap and noise creating and disturb the common man. No one can study and survive in such noisy environment for so long, particularly at the time of studying.

Our study used digital sound level meter for the purpose of measuring level of noise pollution around the tractor driver and his environment, where ploughing apparatus and natural conditions were usually considered as cause of noise pollution. So due to pressure of engine speed and dispersal machinery noise heights became strong. Therefore

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frustration heights depended on noise level as well as position of operator and period. Moreover natural level of tractor noise was also measured and it was found that maximum noise level was 91.7 while minimum was 79.7[2].

LITERATURE REVIEW

This study discussed the level of noise pollution and resources of it in Nigerian cities which released that level of noise pollution in the urban areas is incredibly high as compared to levels suggested by World Health Organization Housing and Urban Development. Findings results these urban areas are highly affected by noise pollution, traffic, industries, generators and loud music are the major causes of it[3].

Noise pollution is absolutely common in developing and under developing countries. Some developing countries took initiative for controlling noise pollution like noise maps; create sites and find people who create excess noise at night. Loudspeakers and automobiles are the main sources of noise pollution which effects on communication, sleeplessness, also reduced efficiency[4].

Depending on period and quantity, the consequences of noise pollution on human health and fitness are alienated into one of the kind classes; physical, physiological, psychological and paintings performance outcomes. So it is necessary to stop it by adopting different approaches related to planning, technical, biological, legislative and educational issues. Create awareness among the people about the risks of daily exposure of high noise levels [5].

In India noise levels, in commercial, residential and industrial areas, are also overridden from the standards by Central Pollution Control Board, New Delhi. Visakhapatnam City in Andhra Pradesh it is surrounded by the naval base station, major industries, educational institutions and religious places but noise pollution is monitored in some sites of this city [6].

Noise in Meerut reducing notably for the closing three years, and they are far recorded minimal in 2009 as compared to 2008 and 2007 via growing environmental awareness among the people [7].

Noise-brought on hearing loss, remains a trouble in evolved nations, regardless of reduced occupational noise, strict requirements for hearing safety and substantial public fitness attention campaigns. Consequently, NIHL continues to the focus of noise research activities. Exposure of excessive noise is one primary motive of listening disorders. It has been anticipated that worldwide as many as 500 million people might be prone to growing noise-triggered listening to lose. Recently, lots of progress had made to know-how the damaging effects of noise pollution on human health[8].

Noise pollution is also a big problem for Egypt Government as Egypt made a national environmental cleanup policy initiated in 1992. Ministry was responsible for its executive regulations. Noise pollution has badly wedged the development due to its multiple effects on almost all types of developing activities. In Alexandria's city due to a rapid rate of building capacity, economic and technological development over the last 30 years along with the economic growth. And due to this, the noise pollution is becoming the largest environmental problem in Alexandria's city [9].

Noise exposure also affects the health of American citizens (heart disease and hearing losses). By assimilating involvements that decreases noise ranges and experiences into the state community health timetable sizeable public fitness gain may be done. However, no strategy has been made to lessen the effects of this pollution in US [10].

For decreasing the traffic specifically for shopping, shopping malls were constructed with suitable cost almost all sites, enhancing public conveyance system with acceptable capacity, e-commerce promoted. The Cyclist policemen less affected by noise pollution due to usage of safety measures regarding noise pollution like usage of helmets, and less noise maker vehicles.[11].

The blood pressure problem in children is also increasing day by day in all over the world. Short term noise and air pollution do not affect the school going children but with the passage of time it shows its harmful effects like the blood pressure problem, hearing problem, hypotension etc.[12]. At present nucleic activities are of utmost importance. These activities are quit dangerous to human's life as facilitates the life in many ways. With dangerous nature these results are very critical and considerable. Atomic accident can destroy whole mankind and livelihood in the country where it happens. Current rules and regulations of civil responsibility are not satisfying regarding these damages. There is a special need or necessity of making such type of system with specific rules and regulations for atomic accidents and also for lessens the chances of atomic accidents and welfare of the civilians [13].

As S. Maleki [14] citizen participation and awareness is vital to overcome the problem in Baghmalek. With the passage of time there is massive increase in urban population. In these days the field of urban management system has more complex structure, the work of non-governmental organizations as municipality is increased as compared to past. The main work of municipality is turning inputs into outputs of civilians an also works for the well-being of the citizenship. Public participation is utmost important factor in the success of public welfare projects.

2.1 Pollution in Pakistan: A Genesis

With the financial boom in Asia, the pollution degrees are growing even advanced world development document 1992 argues that those developments may be reversed, and the remaining recourses blanketed without sacrificing financial increase. Through surroundings pollutants, the fitness charges increase and irreversible loss of bio diversity and usual surroundings satisfactory[15].

Noise pollution in Pakistan is considerable issue nowadays. Noise may increase the problem of hypertension and pre-hypertension instead of medium level, when noise volume level increases from 81 dBA chances of hypertension also increase. It elevates the blood pressure problem. Intensity of sound increases problems as hypertension and pre-hypertension caused to expose the people [16].

The abandoned, unmanageable, and uncontrollable traffic system also create noise pollution in the urban areas of Pakistan. Increase in urbanization and motorization have great health and environmental issues, ultimately affect the sustainable development [17].

Noise pollution also affects the workers of different industries, especially the workers who work in production areas. Most of the Pakistani workers work for 8hrs/day and six day/week and the major victims of pollution. They bear excessively high level of noise pollution as compared to noise exposure limit. Due to the high level of noise they are unable to hear even shouted voices which result the ill-effects generally throat, BP, and especially hearing.[18].

2.2 Metropolitan Areas of Pakistan

Noise pollution has created an international disaster, and almost all major towns of the world are bearing noise pollution created by traffic, visitors, music in high volume etc. Karachi is the biggest city of Pakistan, suffering an extreme intensification inside visitor's clatter. A huge variety of human is prone to develop noise as systemic manifestations of negative effects of excessive noise, so there's need to stringent guidelines to govern and alleviate the noise level in our daily life.[19].

On a transporter's strike day, there was considerable reduction of the noise level due to the absence of rickshaws and public vehicles. The noise level recorded on strike day is 75 dBA and on other days it 99 dBA in Karachi. This proves that in Karachi the major reason of this pollution is public buses, rickshaws, trucks, and Lorries [20].

Rickshaw's owner use more percentage of oil to petrol, therefore, producing the threat of carbon loaded fumes and terrible noise and the drivers of buses and trucks use horn blowing, a phenomenon that is inexplicable and extremely worrying. Every other means of urban noise is the building equipment, at a unusual workplace constructing, the cement mixer, the noise of the engine used for lifting the mortar to the top, compounded with the calls and shouts of men folk produced a noise. Noise pollutant's impact people's efficiency to the aid of gambling adversely on their autonomic fearful system, cardiovascular system, listening to and psyche [21].

In Lahore, drivers are vulnerable in producing excessive noise on roads and practically they are suffering hearing loss due to noise pollution. They are bounded to work for almost half of the day for entire week and are unprotected by noise pollution that is adding a burden on their ears. Most of them areun aware of this toxin, but the majority of those who are aware of the consequences of this noise pollution, are not using any defensive actions. For this about 75% of them sickens noise-induced hearing loss, loss and 10% have been disabling hearing impairment[22].

Larkana is also facing severe noise pollution threats. The maximum noise level in daytime on the road side is observed to be near about 101dB. There is required to confront out sustainable knowledge framework in design for outstrip built environment within the city [23].

Traffic noise causes resist responses evocative to distinct stressors in the working environment. Research about noise stress and according to general research being a little compliant can be fruitful in stress level retardation. Current research does not need to prove the hypothesis a s such. Noise can bring various bad effect on once psychology as well as physiology, but still decision making is solely dependent on quantitative analysis[24].

Similarly Mirpur AJK is a growing metropolitan area in Pakistan, and the problem of noise starts making the life of citizens miserable. Few years before, this was very peaceful tourist place with full of natural beauty. In order to explore the reasons of drastically increase in the noise pollution in such peace and calm places, we are going to investigate the problem and develop the counter measures for Mirpur city of AJK, which is around three hours drive from Islamabad, capital of Pakistan.

2. METHODOLOGY

3.1 Study Location

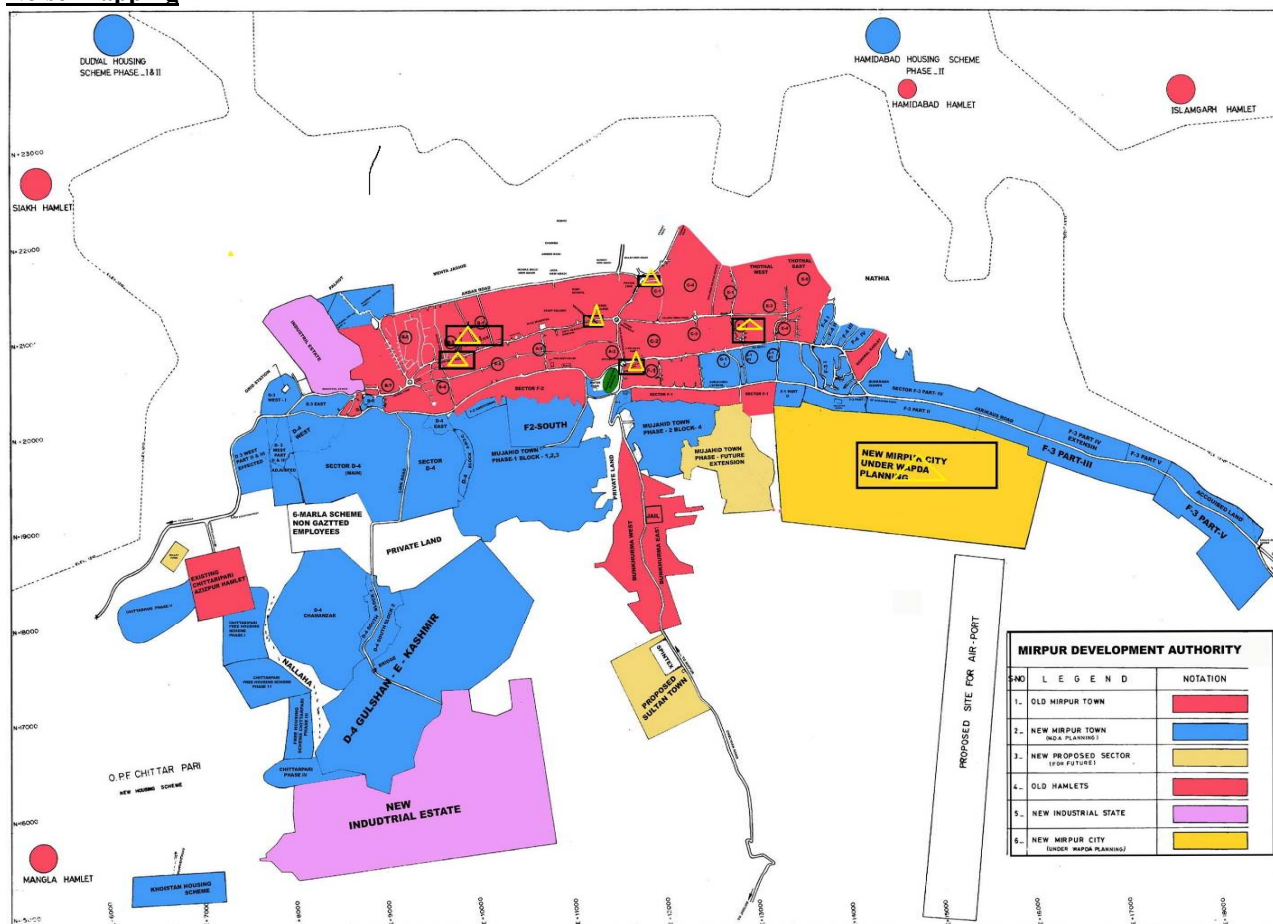
The objective of this study is to examine environment noise on different parts of the roads in the Mirpur city, where urbanization is increased with passage of time. Constructions of building and other commercial places are increased rapidly, which decreases the green path in most areas of the city. The research finding is based upon the areas which are under threat of heavy noise.

This empirical study is based on data collection through different parameters in the different locations in Mirpur City. These Measurements are taken virtually every part of the city Noise levels are measured on the dB (A) by using noise meter at different places in Mirpur. Noise level density in the city is ranging from 70-90 in the different places of city, which shows a very severe condition of pollution in the city.

Noise Measurement in Mirpur City

Noise Measurement in Mirpur City	
Location	Noise Measurement in Decibels (dB.)
MUST	86
Quaid-e-Azam Chowk	83
Puranian Hattian	78
Kalyal, Nangi	88
New City	72
Tothal E/2	79

Noise Mapping



3. DISCUSSION ON RESULTS

The harmful effects of noise have been elaborated by much peoples and accepted as a major hazard by W.H.O. The most significant loss is of the sensorineural hearing, which is usually permanent. Temporary threshold shift has been described by some people exposed to loud noise for shorter duration. Such hearing losses are gross and permanent. Data regarding noise shows adverse situation in the city; it imposes a great loss to the general public and other livelihood. As the minimum noise level is 72 and maximum 86 almost near to another large city of Pakistan. Noise pollution causes hearing loss and citizens are mentally depressed due to the loud sound which is produced by different things like, auto-mobiles and factories, etc.

4. CONCLUSION

This particular research paper sightsees various noise control measures in Mirpur AJK. Noise pollution cause hearing loss and citizens are mentally depressed. The main sources are traffic noise, loud music and factories. The transport system is inefficient in Mirpur, there is a need that higher and local authorities enforce environmental policies to implement the development plans which are specifically made to overcome the noise pollution. Remove the increase in private transport by service, accessibility, and affordability; provide a non-motorized transport network. One way traffic should be brought to play along with a strict prohibition of unnecessary use of horns. In those units where noise is high labors working time adjusted after considering noise level, appropriate use of ear protector should be made. Proper and in time checkup should be made in order to avoid detrimental effects on hearing and mental capabilities. At local and household levels, people should aware the after effects of noise pollution should manage accordingly. The National Environmental Quality standards of Noise in Pakistan should be implemented in all over the Pakistan. NGO's can also take steps to reduce the noise pollution.

RECOMMENDATIONS

Green Revolution Project

There is a need of plantation of plants and trees on large scale which reduces the environmental pollution in the city. Due to green revolution project government can take satisfactory measures to solve the noise issues. Plantation of trees on roads sides can reduce traffic noise created by vehicles.

Role of Regulating Agency

The realization of importance of substantial environment is necessary. This is achievable if specific laws are put in place to determine level of acceptable noise and regularize noise pollution in Mirpur city and its surroundings. There should be a regulating agency who help in implementing the laws and regulations to overcome this problem.

Public Awareness Program

There is need to create awareness, educate public, and to create a sense of realization of harmful effects of noise pollution and the ways to overcome on it.

Periodic Review of Environmental Policies

There should be periodic review of strategies, plans and packages given by the government regarding noise pollution and its impacts on environment to make improvement in them. All those who are breaking the environmental laws should be subjected to intense punishment.

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