

## HEALTH

**Competency:** Explains the effect of a noisy environment

**Code:** H6EH-IIId-4

### BRIEF INTRODUCTION

Noisy environment is also known as a noise pollution in which it's caused by many vehicles on the road and the noises coming from factories and construction sites. Some of the miscellaneous causes like playing music in loudspeakers, shouting by wanderers, etc.

When noise is more than the normal level, it can cause restlessness and anxiety.

### Effects of Noisy Environment as follows:

➤ humans- sleeplessness, communication interference, diseases in blood pressure, anxiety, fatigue, nausea, deafness and etc. Noise induced annoyance.

➤ on wild life- noise interferes with prey catching ability of the fishes that uses sound to catch their prey, noise leads to change habitat of various birds small animals like rabbits.

Therefore, environmental sanitation includes keeping environment free from noise pollution so that people in a community and even animals will not be disturbed and free from health problem and diseases.

### Activity 1:

**Directions:** Name the effects of a noisy environment. Select your answer from the box and write the letter in the space provided.

- A. headaches
- B. ear damage
- C. finger damage
- D. noise

_____ 1. horning of cars	_____ 6. crying babies
_____ 2. firecrackers	_____ 7. jackhammer's sound
_____ 3. streets full of vehicles	_____ 8. blaring music of speaker
_____ 4. people shouting	_____ 9. heavy objects suddenly fall
_____ 5. playing drums	_____ 10. door's slammed shut

### Activity 2:

**Directions:** Label the pictures that explain the effects of noisy environment. Choose your answer in the box. (Do it in your activity notebook.)

Stress  
hearing loss  
communication interference  
air pollution  
high blood pressure

sleeplessness  
change habitat of various birds  
disposal of garbage  
noise

