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An Analysis of Noise Pollution in Dhaka

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ABSTRACT

Noise pollution in the capital Dhaka is becoming increasingly serious, which is causing a stir. The entire capital city has now become the epicenter of noise pollution. This examination subject arrangements with the new issue, "Noise pollution in Bangladesh", where the object of this exploration paper is to figure out the reasons and unfortunate result of such noise pollution around the city. Almost all areas of the city are experiencing several times more noise levels than acceptable levels. Noise pollution refers to the possibility of hearing loss due to the production of any noise beyond the limits of human or animal life. According to the World Health Organization's 1989 guidelines, the noise level for residential areas was 55 decibels, and for commercial areas 60 decibels. In 2016, it was recommended to limit the noise level to 53 decibels on the last road, which is not possible in any case. Long-term noise pollution increases the risk of hearing loss and deafness. Negativity, memory loss, creating stress in children. Stress is very serious for health. Stress is hindering the proper development of the child. As a result, there is a possibility of disability in society. To prevent noise pollution, the use of hydraulic horns in vehicles should be prohibited, horns should be blown everywhere, unplanned locations of factories, playing music at high volume should be avoided. Mentally handicapped nation is probably not desirable for anyone. Combined initiatives can only overcome this crisis. For this, specific recommendations have to be made by zoning the area according to the definition of rules and regulations. The country has had noise pollution control rules since 2006. All the people should abide by the Noise Pollution Rules to prevent noise pollution and cooperate with the government and concerned authorities in coordinating.

Keywords: *Noise pollution, Negative connection, Mental health, Loud, Stress life.*

I. INTRODUCTION

Noise is basically "loud and unpleasant" sound which exceeds the acceptable level and creates annoyance. Noise pollution is a problem in Dhaka: according to a recent WHO study of 45 locations in the city, the city's busy streets – with noise from traffic, loudspeakers, factories, cinemas and other sources – often have excessive decibel levels. Long-term noise pollution increases the risk of hearing loss and deafness. Negativity, memory loss, creating stress in children. Stress is very serious for health. Stress is hindering the proper development of the

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child. Along with water and air pollution, noise pollution has also become a hazard to the quality of life. Noise pollution is a subtle killer. World Health Organization (WHO) identified many other adverse effects of long exposure to moderate level noise or sudden exposure to excessive noise. Due to the environmentalist 17th International Congress on Sound and Vibration (ICSV17), Cairo, Egypt, 18-22 July 2010, 2 movements in different countries, some remarkable initiatives have been taken to check the noise level. For example, USA has established sites where human-caused noise pollution is not tolerated. Similarly, the European Union prepared 'noise maps' of big cities. Many scholars of our country also write up about noise pollution.

II. CONCEPTUAL FRAMEWORK

By and large, Noise pollution was normal all over the planet. The human ear is sensitive enough to hear any sound. So the loud noise pushes the eardrum quite loudly, which can also damage the eardrum. In the case of children, its harmful effects can be far-reaching. Different hearing problems are seen in old age due to greater variation of sound in childhood. The causes of noise pollution in different regions have been investigated in groups and it has been found that in the areas where the level of pollution is high, the following difficulties or harmful effects have fallen on the people. The mood of the people in the pollution affected areas is getting irritable. Abnormalities in behavior and emotional tension are seen. Making people tired, mentally exhausted and inattentive to work. Older people's memory is declining. There are even reports of deafness. Noise pollution causes hearing loss as well as problems in both human health and behavior. Unnecessary and excessive noise can severely damage a person's normal physical and mental activity. Noise pollution can cause anxiety, irritability, high blood pressure, tinnitus, hearing loss, sleep disturbances and other harmful and adverse reactions. Also, other physical reactions can lead to memory loss, mental exhaustion, etc.²

III. PRESENT STATUS OF NOISE POLLUTION IN DHAKA

The present status of noise pollution is concerning issue in some areas. We all know that noise pollution in Dhaka city has already exceeded the tolerance level. The people of this city are surrounded by waves of harmful noises whether they are inside or outside their homes. A recent study conducted by the Department of the Environment (DoE) found that in many parts of the capital, noise levels ranged from 120-130 decibels - almost double the allowable limit. This

² Razzaque, M., 2022. *On the impacts of noise pollution in Dhaka*. [online] Available at: <https://www.researchgate.net/publication/257859924_On_the_impacts_of_noise_pollution_in_Dhaka> [Accessed 29 June 2022].

kind of noise pollution has become a part of living in Dhaka because there is no real solution to this big problem.

Studies conducted by the DOE suggest that long-term environmental noise above a certain level can have a negative impact on one's health. These effects can disrupt physical, emotional and possibly children's learning. Road traffic and aircraft noise increase the risk of high blood pressure, tachycardia, headaches and indigestion, peptic ulcer and also affect good sleep. Regular exposure to high levels of noise can damage a person's hearing.

The World Health Organization (WHO) states that 60 decibels of sound can temporarily deafen a person and 100 decibels can cause complete deafness. Children are also being adversely affected by noise pollution because it stimulates their brains.

The results of the cross-sectional German Health Update (GEDA) Study 2012 show a link between loud noise annoyance and poor mental health in both men and women.³

IV. IMPACTS OF NOISE POLLUTION IN DHAKA

The current level of noise pollution is alarming. But this problem is man-made. As a result, it is not impossible to control noise pollution if we are a little aware. According to the Noise Pollution Control Rules of Bangladesh (2006), the 'standard' or standard level of sound is determined separately for day and night according to the categories of quiet areas, residential areas, mixed areas, commercial areas, industrial areas.

Noise levels in residential areas from 9pm to 6am will not exceed 45 decibels and 55 decibels at other times of the day. In commercial areas it is 60 and 70 decibels respectively. Hospitals, educational institutions, offices and courts have been declared as silent areas up to 100 meters. There is a noise level of 40 decibels at night and 50 decibels during the day.

But looking around normally and in general, it can be noticed that these rules are being clearly violated. In addition, various studies have shown that this level is not observed anywhere in Bangladesh, the word is found more than this level everywhere. As a result, it will be important to seriously consider setting up signposts in the identified zones as per the rules as well as conducting regular mobile courts. Incidentally, according to the World Health Organization, more than 60 decibels of noise can cause temporary deafness and more than 100 decibels can cause permanent deafness. In addition, multiple studies and studies by the World Health Organization, UNICEF and the World Bank have revealed that 12 types of environmental

³ Centre for Policy Dialogue (CPD). 2022. *Noise pollution: A killer in disguise* | CPD. [online] Available at: <<https://cpd.org.bd/noise-pollution-killer-disguise/>> [Accessed 29 June 2022].

pollution are the main cause of 30 serious diseases in the country. Noise pollution is one of them.

V. CAUSES OF NOISE POLLUTION IN DHAKA

Though the sound pollution in Dhaka city has come to a dangerous stage, It can not be said that the situation is uncontrollable. Things that needed are goodwill, to make people conscious to inspire them to change their habits. In terms of action that the government should take, 98% of respondents felt that traffic control should be improved and industrial activity banned in urban areas. In addition, 93% felt that brick breaking machines should be banned in urban areas. Other measures also received high levels of support, with 87% feeling that limits should be placed on the decibels allowed, 85% feeling that miking should be banned in processions, 83% feeling miking should be banned in advertising, and 66% feeling that miking should be banned for election campaigns. Clearly, laws to reduce noise pollution would gain a tremendous amount of public support, and encounter very little opposition.

VI. RECOMMENDATION

Make a conscious effort, and/or instruct your own drivers, to honk as little as possible. Work with others in your neighborhood (home and office) to control noise pollution. Post a sign banning honking, and ask those who work outside to help enforce it. If a special source of noise is present—such as a shop selling music, or a brick-breaking machine—approach the owner as a group, and demand that the noise be reduced (or, in the case of the brick-breaking machine, eliminated by removing it). Visit neighborhood schools, and give the teachers and students leaflets about noise pollution and the need to reduce it. Stress that parents should avoid disturbing their children, and thus should themselves avoid honking, and instruct their drivers to do the same.

Add noise pollution to your agenda, and look for ways of reducing it. For instance, try to work with driving schools, truck unions, and bus and taxi cab companies to get commitment to educate drivers to honk less. This is partly a traffic safety issue, as frequent honking makes honking ineffective, and

thus increases the possibility of accidents. You can also work with shops selling music, and other sources of noise pollution. Remember to focus on the harmful effect of noise pollution to those creating it, as illustrated in this report. People are most likely to change their behavior out of self-interest. Try to get a local cinema or cable TV station to air ads for free or minimal cost, on the importance of acting to reduce noise pollution.

Use Mass Media to Spread the Campaign in the Community

TV is turning out to be progressively normal even in country regions, and a few respondents mentioned that TV programs had expanded their mindfulness about the unfortunate results of Noise Pollution. Projects can bridge broad communications for crusades against noise pollution as a method for impacting popular assessment.

VII. CONCLUSION

Just regulations are sufficiently not to safeguard for noise pollution. A mix of different endeavors is expected to manage the issue. The discoveries of the review have various ramifications that could offer ways for working on the adequacy of strategy and projects to address noise pollution and its ramifications. Both preventive and defensive methodologies are expected to evacuate the custom a Preventive methodology ought to be thorough with a long-term vision however defensive methodology should be prompt and it ought to be taken care of with iron hand. Government, contributor offices, NGOs and common social orders could cooperate for certain singular intercessions. Public strategies, regulations, yearly improvement plan, plans of projects, social support and assessment and checking framework ought to be sound and durable in a legitimate way. Preventive methodology is a ceaseless cycle and the methodology gains from mediations.
