

Секция 3

ОБЩЕСТВЕННО-ПОЛИТИЧЕСКОЕ И СОЦИАЛЬНО-ЭКОНОМИЧЕСКОЕ РАЗВИТИЕ СТРАН И РЕГИОНОВ

АНГЛИЙСКИЙ ЯЗЫК

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ACOUSTIC POLLUTION: WHY IS SILENCE BECOMING A LUXURY?

Акустическое загрязнение: почему тишина становится роскошью?

In the modern world, noise is no longer just a background phenomenon. It has become a constant irritant, affecting human health, behavior, and quality of life. The aim of this study is to investigate the causes of acoustic pollution and its consequences for individuals and society in urban settings, as well as to identify why silence is becoming rare and valuable.

The problem of acoustic pollution is the constant and intense exposure of people and the environment to unwanted sounds, which is becoming especially pressing in the context of rapid urbanization and industrialization in the 21st century. Acoustic pollution includes

traffic noise, industrial hum, household noise, and even audio advertising. Noise levels in cities are constantly increasing due to increased traffic, industrial production, large-scale construction and cultural events, and the use of electronic devices. The lack of green spaces and noise barriers in the urban environment also plays a significant role, increasing the spread of sound pollution, and mass cultural and sporting events are often held without regard for the sound comfort of residents.

The increase in low-frequency noise and vibration is particularly alarming, as the metro system has a heavy freight transport system and ventilation systems. This type of noise is highly penetrating and negatively impacts the autonomic nervous system, even when a person is unaware of it. Furthermore, the digital environment exacerbates the problem: constant notifications from gadgets, background noise from headphones, and the noise in public spaces broadcasting media content create an «audio smog» effect from which it is almost impossible to escape.

This leads to natural silence becoming a scarce commodity and a luxury available only to a select few. In a constantly audible environment, silence becomes a symbol of privacy, comfort, and even status. The introduction of «quiet zones» in hotels, cafes, and offices is not just a marketing ploy, but a response to society's growing demand for sound hygiene. Acoustic pollution has a complex and detrimental impact on the health and quality of life of residents. The consequences of acoustic pollution extend not only to hearing loss and sleep disturbances, but also to systemic effects on the nervous system: chronic noise causes stress, increases the risk of cardiovascular disease, and weakens the immune system, impairs attention and memory, especially in children.

Silence is essential for restoring mental and physical balance, improving health, and increasing productivity, making it a true luxury in today's urban world.

Social consequences include reduced quality of life, impaired social interaction, psychological fatigue, and increased social conflict due to auditory discomfort.

Acoustic pollution impacts not only health but also the economy. European environmentalists estimate that annual losses from lost productivity, treatment of noise-related illnesses, and reduced property values in noisy areas amount to millions of euros.

It can be concluded that acoustic pollution is not just noise, but a challenge to the health, culture, and economy of modern society. Silence is becoming a luxury because it is rare, valuable, and necessary for restoring human inner balance. It is important to recognize this problem and take action – at the level of urban planning, education and personal responsibility.