

## Abstract

The research study is founded on noise and the implications it has on people. The motivation behind the study is that noise affects mental health and work performance. The study is a qualitative type of study where a total of 29 participants responded to the online survey. There were 11 females and 18 males aged between 23 and 74 years. The collected data was taken through a thematic analysis to identify themes associated with when, where, and how noise bothers people.

## Results

From the thematic analysis and in answering the question on when noise bothers people, the results indicated that people are bothered by noise depending on frequency, when there is unexpected noise, and specific times of the day (Liu et al., 2022). On where noise bothers people, the analysis revealed that noise bothers people in crowded places, loud music in homes, and noises in clubs, restaurants, and concerts. Another revelation arrived at is that noise bothers people depending on the emotional status of a person and the physical discomfort nature of the status of sympathetic response (Maggio et al., 2020). The study found that individuals use different coping strategies to cope with noise. Below is part of the analysis results.

Coping with Noise			
	Coping-Avoidance (CPA)	This defines strategies individuals involve in avoiding noisy environments or using physical barriers like staying in certain rooms.	"I stay in my basement with white noise."
	Coping-Behavioral Adjustment (CPB)	This defines strategies involving changes in behavior in managing noise, such as using earplugs or speaking louder.	"I usually put over-ear headphones... I ensure I'm always looking at the person's face."

**Figure 1: Noise Coping Strategies**

## Objectives

**The objectives of the study included (1) to investigate how noise impacts people and (2) to understand when it bothers people. (3) to investigate where noise impacts people and (4) to understand how people cope with noise.**

## Conclusion

The qualitative study on when, where, and how noise bothers individuals provided deep insights on the subject. The study has revealed that noise bothers people when it is recurrent. This means that if noise occurs, one might not bother people. Another key finding was that emotional or physical discomfort are other two factors that make individuals feel that noise is bothering them. Loud music or other forms of noise in places that are expected to be quiet, such as in homes (residential areas) or restaurants, end up bothering people. Seeking professional assistance and use of protective equipment are some of the coping strategies identified by the study.

## Methods and Materials

The methodology for the study involved the use of an online survey. The questionnaire was designed such that it captured responses on when, where, and how noise bothers people. The survey managed to get responses from 29 (n) participants. The survey was featured with first seeking consent from the participants. The data was recorded and stored in an MS Excel sheet. The collected data was then cleaned before doing thematic analysis on it.

## References

- Liu, J., Antisdell, J., Liu, C., Chen, M., Dong, P., Fahlman, R., Ma, F. and Yu, Y., 2022. Extensive hearing loss induced by low-frequency noise exposure. *Laryngoscope Investigative Otolaryngology*, 7(2), pp.564-570.
- Maggio, M.G., Cuzzola, M.F., Latella, D., Impellizzeri, F., Todaro, A., Rao, G., Manuli, A. & Calabrò, R.S. 2020, "How personality traits affect functional outcomes in patients with multiple sclerosis: A scoping review on a poorly understood topic," *Multiple Sclerosis and Related Disorders*, vol. 46, p. 102560.