Adverse Effect of Using Headphone

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Abstract---Apart from the frequency, the length of the sound exposure is a major factor in the injury to the ear. Simply specified, louder sounds will cause much less visibility and more harm. Employers provide hearing aid for workers with an average exposure of 85 dB for over 8 hours, as mandated by the Occupational Health & Safety Administration (OSHA). Although this feels like a long while, headphones can do harm in less than an hour with only marginally greater sound levels, and music can be easily imagined with headphones lasting one or more hours. Usage length of exposure loudness.

Keywords---earphone, headphone, hearing complications, hearing loss.

Introduction

The amount of music player equipment is growing among teens and young adults as a recreational hobby. This practise therefore leads to multiple issues in terms of social and wellbeing and must be studied holistically. One of the preceding research in this area has identified a rise in hearing issues among younger people, with about 14.9% or higher volume in at least one ear in participants between 6 and 19 years of age; even about 12.5% had audiometric proof of noise.
loss (NIHL) (McAnally & Martin, 2002). This dilemma may be associated with the growing use of music player players. Sadly, teenagers or young adults subject themselves, while ignoring the effects, to loud noise or music for a long time (Denk et al., 2018). Another concern occurs when people use earphones not only to hear music, but to avoid the background noise in the bed at night or in train and bus systems. The biggest challenge is that hearing impairments or hearing damage will not be noticed for several years; thus, until it is found, care and diagnosis may be complicated (Gupta et al., 2018). With regard to the increased use of portable music players and entertaining devices like cell phones, hearing loss and hearing disorders, particularly among teens and young adults, are a matter of concern (Comunità & Picinali, 2019).

- Health consequences of using headphones and earphones: There are rarely documented research in literature on the implications of excessive headphone usage by young and young adults and a few studies on the adverse effects from using the headphone and music player have been published. Moreover, the general public is not appropriately informed about the unfavourable short-term or long-term complications of the use of the headset (Hensel et al., 2007). With regards to the adverse consequences of the use of earphones, it is necessary to address the issue of whether or not its use is safe. Therefore, by using those instruments, we will address some of the issues (Liu et al., 2018).
- Hearing loss/hearing complications: The echo hits the ears specifically by wearing earphones. More than 85 decibels of sound volume can cause hearing and hearing loss. Using earphones more than 15 minutes on an ongoing basis. During this time, there is a risk of hearing loss. Ear diseases – often people swap the headphones with each other on the earphone and music player (Fan et al., 2021). This can cause ear infections. Moreover, the headphones can quickly spread the bacteria from each other’s ears. Ear twilight: new reports suggest that people who listen to noisy sound most of the time during the day or at night using earphones, speakers, and other music player gadgets feel stubbornness. The ability to hear them is stunned momentarily in this case (Eddins et al., 2018). Ear tumbling can be damaging and cause discomfort.
- Sensation of pain in ears: People who use earphones and headphones frequently complain of ear pain. The users often complain about a peculiar sound inside the head, or about a sudden pain in a certain area of the body (Hammershøi & Møller, 2002).
- Harmful effects on the brain: Earphones and headphones may have a severe brain impact on the electromagnetic waves. Although there is yet to be any fair medical evidence, the individuals most also use Bluetooth, headphones and earphones are more vulnerable to brain disorders (Ahmed et al., 2018).

Life endangered incidents: now, with drivers using earphones or goggles, the number of accidents has risen (Langendijk & Bronkhorst, 2000). Car or road collisions have significantly risen amongst people using speakers, earphones and other music players. The individual who cannot hear the horn will suffer injuries. In the other hand, the lives of other people could be threatened in order to save the life of the person through earphones (Comunità & Picinali, 2019). Public health consequences of earphones: recently a rivalry has emerged between young
people to purchase certain instruments and listen to music at leisure due to the spread of modern player devices in Iran. Thus, the use of headphones and music players by Iranian teens and young adults has significantly increased. Many of these people tend to be inspired to improve the way they listen to music (Naghibolhosseini, 2015). It is so critical to plan and teach young adult education programmes, particularly in high schools. In addition, it may be helpful to warn young people and their parents of the complications of using the earphone, especially in schools, about the rational use of these instruments in teens. There is however also a lot to say about the exposure of NIHL music player products as a risk factor (Liebich et al., 2018). While a vast number of awareness, influence, behaviour, expertise and practise questions related to listening to music on the job market remains unanswered, passport and evolving technology, recently a number of studies and surveys have strongly promoted efforts to inform and alert the general public, the music professionals and music workers of the risks of listening. Finally, it is proposed that study be carried out and planned in this field as well as on primary school children (Voss & Herrmann, 2005).

But those with headphones can shield their ears with the use of noise cancelling headphones to prevent players from being used in loud spaces. In addition, it may also be useful to restrict the duration of listening every day or week and to take pauses during continuous use (Hensel et al., 2007). Teens and young adults must restrict the use of mobile media players for a limited period or stop using earphones in order to protect their ears. Many of you are busy in your earphones these days. The younger generation in particular spends all its time listening to music or chatting with earphones. Earphones are also used while people are living or learning. Earphones are able, due to their prolonged use, to create hearing impairments and other health risks. Therefore, let's still discover the side effects of wearing earphones (King & Oldfield, 1997).

- Hearing problem
  You just harm your tears as you regularly wear earphones and listen to music on a really high volume. The irony is that 90 decibels of noise is terrible for your ear. It can result in serious hearing loss or even surrender (Gupta et al., 2018).
- Leads to the exchange of germs
  Do you know you still share germs and potential ear infection with the individual by replacing earphones? The earphones should be cleaned before they are exchanged (Fan et al., 2021).
- Not cleaning your own earphones
  Your earphones are still exposed to the outside world and develop all kinds of germs and bacteria over time. So it adds to potential ear infection, if you're not cleaning it up (King & Oldfield, 1997).
- Unaware of the outside world
  Your ears are a significant organ of the meaning. You help to perceive the external world better. When you wear an earphone, your sense of hearing does not function, you are more vulnerable to injuries (Naghibolhosseini, 2015).
- Lack of focus
  Hearing sounds on earphones constantly decrease the attention sense. But it's difficult to focus on your job (Bond et al., 2010; König et al., 2006).
While the advantages of using headphones are fantastic, they also have disadvantages. You should be familiar with the side effects you can face. Both headphones are in danger of being used, but noise cancellation headphones can still be used very cautiously (Hammershøi & Møller 2005). They can be great in conditions where you need to counterbalance low frequency sounds for your wellbeing, such as on long-haul flights overseas or in a busy workplace (Temme et al., 2014). They might also be fantastic to listen to fewer quantities of music as they grow more attuned to what you hear. Although if you walk down crowded streets, they can be very risky. Thanks to the hardware that drowns out sounds in conditions that you just need to hear. You can not hear the sound of a vehicle coming as you cross the street using a noise-cancelling headphone, or even headphones playing too loud. If you can’t listen to what’s coming, you’re toast, it doesn’t matter if you’ve the correct route (Bomhardt & Fels, 2017).

In countries such as India, crossing tracks is another concern. 379 people in the Old Delhi station have been confirmed to have been killed in 2014 (Kim et al., 2009). This number in Chennai grew to almost 600. Those who don’t pay attention are more susceptible to injuries like this, and people who hear headphones instead of tuning in are more at risk. It seems like smart idea to shift the volume to get rid of the sounds surrounding you when sitting on a train, plane or bus. Here is the place for headphones that cancel noise so you don’t have to transform them noisy into low frequency noises to counterbalance drones (Nelson & Nilsson, 1990; Yellon, 2007). But many people clog it up to hazardous decibels with normal headphones, which can lead to continuous hearing loss. There are other explanations for using headphones, but they are not what you would think. Some ignore washing their headphones and earbuds. If you are the last customer, the dark and grim earwax built on them still remains to be considered. But tell a friend or intimate partner to share them. Then you have your whole gunk too (and in turn, they get yours) (Cornwell et al., 2020).

The increase in hearing losses among younger people, particularly children, has increased since the implementation of Sony's Walkman in 1979 (Djumabaeva & Kengboyeva, 2021; Duizenberg, 2020). Also at smaller frequencies, often children, teenagers and young adults sometimes lose their hearing while they are in music. Volume, but still a large one, is just part of the problem. It is also the time to hear sounds through headphones (Gupta et al., 2018). We normally listen to more headphones than music because we focus more on our smartphones and personal appliances than ever before. We use them for computer games, movies, podcasts and phone calls. We use them (Temme et al., 2014).

The greatest casualties are youngsters. You might think it is cool to send children headphones, so that they can still watch the cartoons in the car when you call on a business phone. That would be if the volume and the length of use were limited (Coleman, 2009). In a new survey focusing on infants, headset and hearing loss, over 3,000 young children between 9 and 11 years of age were examined. In these subjects, 40 percent used portable music players. In contrast with those of their age-age cohorts that didn’t use personal music equipment, these participants didn’t have the ability to listen to high-frequency sounds (Hammershøi & Møller, 2002). The children were too early to be subjected to such highly decibel noise sources to harm such as sports or shows, which showed that we need to make a
great difference when it comes to the use of the headset in children (Langendijk & Bronkhorst, 2000).

Noise-causing hearing loss happens when the hair in the inner ear is affected by noisy stimuli when partially called surface sensitivity (Rinartha et al., 2018). High frequency sounds are harder to listen to after this harm has happened. Unfortunately, this kind of hearing loss is normally continuous. Another problem with listening to headphones is ringing in the ears too loud or too long. This may also be known as tinnitus, a lifelong effect of blaring, noisy noises in the ears regularly (Olive et al., 2018). You should pay heed to the use of the headset of your child if you are a mom. It’s not just the amount that you need to pay heed to. And if your child listens to anything on a healthy volume through headphones, tinnitus can be present. This is also because of the long time of listening with headphones (Ahmed et al., 2018). It’s nice for the ears to stop and rest from the noise. You should undergo checks for a physical year to help preserve your hearing to ensure ensure your child has their ears intact. But if the harm has been done, how do you know? Continue and learn and find out the signs of children’s hearing loss (Bomhardt & Fels, 2017).

**Symptoms of hearing loss in children**

In the case of kids, the CDC states that a hearing disability can impair their ability to speak and speak properly. It can also hinder social competences. Moreover, each child may have various symptoms of hearing loss. Some children will increase their TV volume, which can be annoying only. Others are not going to follow orders and may be mistaken for the challenger. Other might also say "What?" or "Huh?" all the things that parents will crawl up about children being children, when you talk to them. Tinnitus may be difficult for children to describe to younger children. It could sound like the wind or the bee, which is blowing in the ears instead of a buzzing sound (Ang et al., 2017). Signs of hearing loss can certainly be observed with small children who are disturbed in noisy conditions. These locations can be much more problematic for tinnitus. Since small children have a hard time speaking out what is wrong in other circumstances, it makes sense for them to seek to explain what they hear (Hammershøi & Møller, 2008). Sadly, no medication is available to remove tinnitus. It is a symptom where the internal structure of the ear is affected. However, it can be improved if noisy noise sensitivity stops. It is time for a pediatry hearing test if you have a kid who is always exposed to loudness. And if your kid is all right, it is to be hopeful that this will keep you alert to the risks of noisy noise. If you continue to read, you will learn how to shield your child’s ears so that they do not neglect their listening skills prior to old age (Cornwell et al., 2020).

**How can parents help protect young ears?**

There are some symptoms of hearing loss for about 17% of adolescents. The causes of this also are listening to music too much by means of personal devices with headphones, sporting competitions or heavy concerts, or even mowing the grass, using power tools or farming equipment without using ear protection (Liebich et al., 2019). Experts warn that purchasing headphones that minimise noise can be one of the safest ways to protect your children from hearing loss.
They continue to humidify the outside noise that people do not want to listen to and feel when listening to music. You should also be alert to sounds in the ordinary world, which could inflict hearing loss and have your children as far apart as possible or use earplugs or headphones to shield them. The friendly teenager who mows the lawn is a perfect example (Ang et al., 2017). Raspberries are loud at 90 decibels and weekly raspberry without ear shielding will certainly cause hearing loss (Hughes & Fino, 1980; Schuller, 1997).

Young people who like to create stuff or even smaller stuff like to go to the workshop of Dad to support the electricity tools should defend themselves. These power instruments will clock in at the same amount as they would be used during a concert, with 100 décibels (Hammershøi & Møller, 2008). It's too distracting if your kids listen to music, watch movies or play video games with headphones on and you can hear it. Please use your listening equipment to give you a clear example. Have some quieter games throughout the day for younger children as well. Cover them from sounds for older children. Using earplugs or sunglasses that minimise noise when mowing the raspberry or using power instruments and enable your kid to do the same (Engel et al., 2019).

**How to prevent the negative effects caused by headphones**

Headphones with echo cancellation and noise insulation appear to cost more than ordinary headphones (Menaka & Sankar, 2019; Khurshid & Hassan, 2020). This does not mean that you have to give up listening through your ears for your own private concert. You should actually practise keeping the volume down if you want to better look after your ears for years to come. Experts also suggest the 60/60 law, which ensures that you never have to show up 60,000 or more than an hour a day for your songs (Schlieper et al., 2019). When certain gadgets show up that is extremely harmful to the ears, they will flush the music at 115 decibles. Still maintain the law by protecting yourself and your children. Again, note that it’s never good to use headphones at all times and at fair levels. This will change your listening capacity as well. For you and your children, there’s just one more thing you should remember. The World Health Organisation (WHO) urges you to avoid hearing headphones while you are exposed to noisy noises such as attending a concert or club later that same day. The ears need a sound break, especially noisy (Yoshida et al., 2007). But even though they are not that noisy, it is no good to keep music piped between your ears. As they say, everything should be moderated (Islam et al., 2013).

**Conclusion**

Headphones have useful features that make the costs, in particular noise cancellation versions, worthwhile. However, the side effects of using them are also necessary to note. If you wear them when walking along busy streets they can create a more dangerous situation (Weisz et al., 2006; Ruiz et al., 2005). If you do not maintain them correctly, they will get polluted and leave you with an ear infection. And the most noticeable side effect is that your hearing will be impaired. When we listen to a song on your head phones, we should always obey the 60/60 law, even though at lower volumes the repeated use of the headphones can harm them. For those of you with children, this is particularly relevant. Loud
noises or continuous exposure to ear sounds may cause persistent harm. But you'll find them a stunning, fun gadget for those periods of calm by using care for your headphones and limiting your utilization to proper intervals (Wang et al., 2021; Lee et al., 2020).

References


