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THE IMPACT OF HEADPHONES ON THE HUMAN BODY
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The present research is aimed at studying the impact which the use of headphones can produce on human health under certain circumstances. According to medical research, half of all cases of hearing loss could be prevented. Nowadays, the average age of people suffering from diseases of the ears varies from 30 to 40 years. Doctors predict a sharp increase in such diseases due to unrestricted and uncontrollable use of headphones.

Damage from headphones is directly related to their function of sound transmission. If the noise level reaches 70-90 decibels (dB) and lasts for a long time, such prolonged exposure can lead to diseases of the central nervous system. Sound pressure level of 100-120 dB, which can easily be achieved throughout modern headphones, is serious test for the ears. The scientists consider that the use of headphones for a long time can lead to intravenous stress, high blood pressure and headaches. Headphones can cause an impact on mental ability, for example, dizziness, ringing in the ears, fatigue, overstimulation, concentration and attention decreased and the nerve endings destroyed. As a result, people, after hours of listening to music become inattentive and irritable. One of the most common reactions caused by a long and strong noise impact is subjective tinnitus. There is an assumption that long-term noise exposure may partly influence the development of benign tumors in the brain - otonevrenomy.

In conclusion, we want to give some universal guidelines to help keep the hearing, but underline that the only way that could help us to deal with this problem is the proper education of the individual. That's why the younger generations should care about hearing from a very young age.