

Feeling the sound can be dangerous to your health

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«Long term exposure to excessive levels of High Intensity Low Frequency (HI/LF) sound, such as that produced by highly amplified bass music, airplanes, racing cars, battle field noise, etc. can not only be physically harmful, but can cause complications that can lead to death.»

Bart P. Billings, Ph.D. Clinical Psychologist, Colonel (Retired), USA, 1.7.2021. Clinical Psychologist, Reserve Army Officer, president of a loudspeaker company with exposure to the entertainment industry from production of musical theater to directing large community events, and father of two girls who love music. Published in "NAVY MEDICINE" January-February 2002 (pp.22-26).

«As a Clinical Psychologist ... As a Reserve Army Officer ... As a parent ... Neuroscientists say a high caused by the release of endorphins in the brain causes euphoria and peak experiences. Endorphins and enkephalins are concomitants of the "fight or flight" response...they are pain blunting, pleasure enhancing morphine like chemicals whose purpose is to make the body more effective. But in certain situations when they are not related to a "fight or flight" situation, they can have a negative effect. When I felt the pain from the sound wave at the Sports Arena, I thought to myself, one reason that people would like this experience (HI/LF sound) could be because they are physically being damaged throughout their total body and they are getting high due to the release of endorphins and adrenaline into their system which accompanies pain. Since the sound wave penetrates their total body, cellular structures are being damaged throughout their body. ...»



«The so-called bass-culture with a particular stress on the sheer acoustic materiality of the sub-bass register ... Low-frequency noise ... extremely pervasive character: it is hardly attenuated by walls and other structures; it can rattle walls and objects; it masks higher frequencies; it crosses great distances with little energy loss; ear protection devices are less effective against it; it is able to produce resonance in the human body; ... The damaging potential of excessive exposure to acoustic stimuli is huge and multifaceted. Several physical effects after acute and chronic exposure to loud sounds have been found, such as cochlear pathology (hair cell loss, spiral ganglion cell apoptosis, and cochlear nerve degeneration), damage to connective tissue, cardiovascular deterioration, and a whole list of symptoms that are grouped under the term "vibroacoustic disease," embracing mild or severe lesions in the nervous system, heart, blood vessel, lymphatics, and respiratory tissues. ... Liking such overstimulation is likely to spiral into patterns of addiction».

«Music and Noise: Same or Different? What Our Body Tells Us», 25.6.2019, Frontiers in Psychology (Frontiers Media S.A.)

«The World Health Organization (WHO) estimates that some 1.1 billion teenagers and young adults are at risk of developing hearing loss due to exposure to recreational noise such as music.»

«Young Adults' Knowledge and Attitudes Regarding "Music" and "Loud Music" Across Countries: Applications of Social Representations Theory», 25.6.2019, Frontiers in Psychology (Frontiers Media S.A.)

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