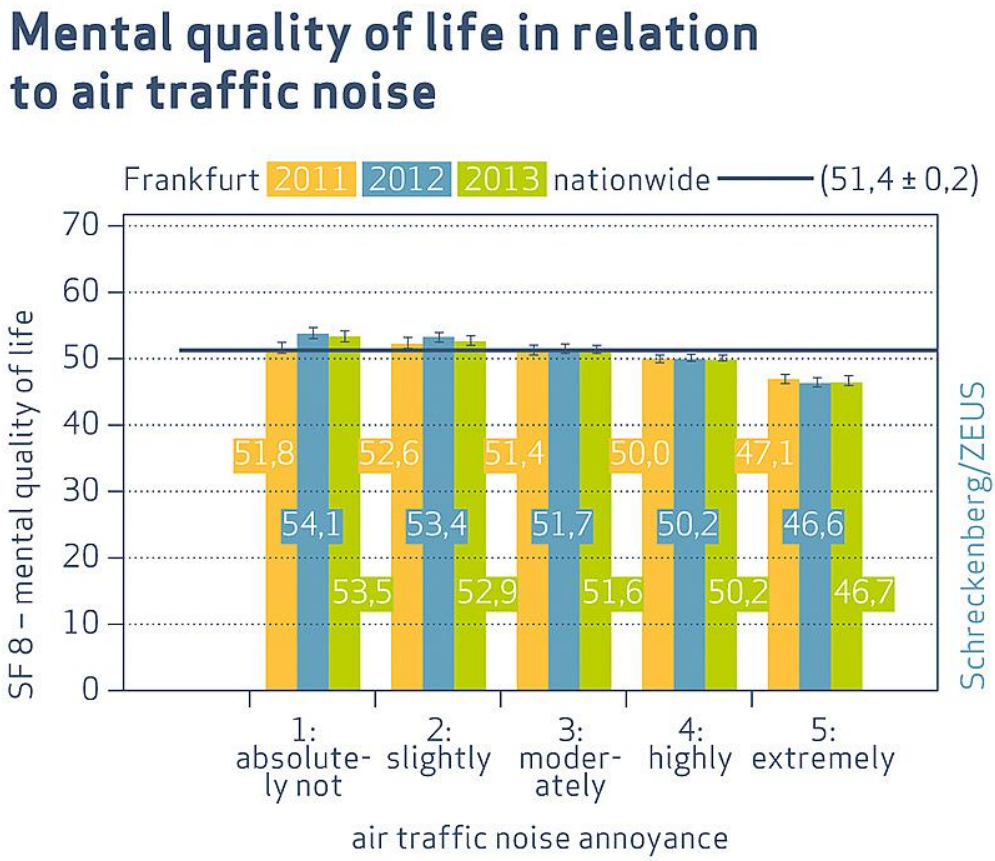
NORAH
Lärmwirkungsstudie

Quality of life and traffic noise



The graph shows the correlation between the air traffic noise annoyance and the personal assessment of the mental quality of life in the three study years. The blue line marks the national average for Germany. This shows that, in particular in 2012 and 2013, people who did not feel annoyed by noise assessed their quality of life as higher than the average, extremely annoyed persons as lower.

Noise can influence quality of life – both mentally and physically. In order to identify a possible connection between traffic noise and quality of life, the NORAH team used several scientifically established questions. From the answers of the study participants they then calculated a point score for the mental and for the physical quality of life. They looked at the results over the course of time from 2011 to 2013, but also in comparison with the average value for the whole of Germany. Particularly with regard to the mental quality of life, but also for physical quality of life, the scientists were able to establish a clear correlation between noise and quality of life: people who felt highly or extremely annoyed by noise had a lower assessment of their mental and, in some cases, physical quality of life than persons who suffer less from traffic noise. They also assessed their quality of life lower compared with the national average.