

THE INVESTIGATION OF USING HABIT OF MP3 PLAYERS OF COLLEGE STUDENTS AND  
THE MEASUREMENTS OF TEMPORARY HEARING LOSS

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Abstract

With the prevalence of portable MP3 player, young students are riskier to be exposed to high intensity sound. After exposure to sound of sufficient intensity and over a proper period of time there is some temporary threshold shift (TTS), which is assumed reversal. However, evidence showed that moderate TTS could leave its mark for delayed degeneration of the cochlear nerve. Although 60-60 rule suggests using portable players for no more than 60 minutes a day and at levels below 60% of maximum volume, most young students would choose to play their MP3 players at their satisfied volume. Thus, this study measured the TTS of 60-minute music listening with the subjects of twenty college students adjusting their favorite volume freely and using the earphone out of their habits. The results showed that listening to music at subjects' satisfied volume for 60 minutes would develop an effective TTS. After the realization of the effects of noise on hearing, subjects showed the willingness to lower the volume but not strictly set below 60% volume scale number, instead, they would only adjust the volume to a sensationally acceptable level. This indicates 60-60 rule does not work for uncontrollable young students, and the 60-minute rule alone is also not enough for the protection of their hearing. Other feasible rules still have to be developed.

Keyword : Hearing, Temporary Threshold Shift, Noise-Induced Hearing Loss, MP3, 60-60 Rule.