

1 Article

2 How Loud are Noise Levels of Baseball Stadium? 3 Assessment of Noise Levels and Attitude toward the 4 Stadium Noise in Korea

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11 **Abstract:** This study measures the noise levels in a baseball stadium and analyzes baseball fans'
12 attitude of effect of recreational noise exposure on their hearing. In the baseball stadium, noise levels
13 were measured in four seating sections using a sound level meter during the games. The LAeq
14 average of the 16 measures produced 91.7 dBA, showing a significantly high noise level in the red
15 and navy sections. As a function of frequency by LZeq analysis, the noise levels were significantly
16 higher in low frequencies than other frequencies. For the survey sample, 688 randomly selected
17 participants completed a 16-question survey on their noise exposure during the game and on the
18 potential risk of hearing loss. Despite the very high noise levels, 70% of the respondents preferred
19 sitting in either the red or the navy section to be closer to the cheerleaders and to obtain a good view.
20 Most respondents reported that they did not consider wearing earplugs, and one-third experienced
21 hearing muffled speech after the game. We conclude that the noise levels in baseball stadiums are
22 high enough to cause hearing damage and/or tinnitus later, but expect these results to improve
23 public education regarding safe noise exposure during popular sports activities.

24 **Keywords:** noise of baseball stadium; recreational noise exposure; survey of noise exposure; noise-
25 induced hearing loss

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27

28 1. Introduction

29 A dangerously high level of noise is one of the factors estimated to affect acquired hearing loss
30 [1]. Thus, numerous researchers have studied the characteristics of occupational noise and employees'
31 risks of hearing damage from past exposure to such noise [1,2]. Noise-induced hearing loss (NIHL),
32 which usually includes damage to cochlear hair cells, can be caused by a one-time exposure to a loud
33 sound as high as 120 decibels (dB) as well as by repeated exposure to sounds at a level of 85 dB for 8
34 hours. Most countries, thus, limit the sound exposure level to less than eight hours at 85~87 dBA with
35 a 3-dB or 5-dB exchange rate as occupational NIHL criteria [3,4].

36 More recently, the focus has shifted from occupational noise exposure to noise exposure in
37 recreational settings, especially for young adults who frequently attend nightclubs [5], fitness classes
38 [6], and sporting events [7]. According to the World Health Organization (WHO), regular
39 participation in recreational settings with high noise levels may carry a serious threat of irreversible
40 hearing loss [8] because the average sound levels in nightclubs and pop concerts have been reported
41 to be as high as 100 dB SPL. In addition, the noise level at sporting events such as the Football World
42 Cup in 2010 ranged from 80 dBA to 117 dBA, implying that even a short duration of such noise
43 exposure can result in temporary or permanent hearing loss and/or tinnitus. Furthermore, Kujawa
44 and Liberman found that certain pathological changes in the inner ear initiated by early noise
45 exposure created shifts in the hearing threshold of the auditory system of young mice [9]. They

46 suggested that noise exposure at high levels can accelerate age-related hearing loss (or presbycusis)
47 in young people, who consequently experience significant communication difficulties and related
48 psychosocial problems later in life [8].

49 Increasing numbers of spectators are crowded into various sporting events, thus experiencing a
50 strong affinity while cheering together for their favorite players. Globally, one of the most popularly
51 viewed sports is baseball [10]. The United States has 163 baseball stadiums, including 30 large ones
52 for major league baseball [11]. As many as 73.8 million people watch baseball games every year [12].
53 South Korea has nine baseball stadiums, which hosted more than 7.5 million people for games. In
54 addition, numerous special events are provided for baseball fans [13], and each team has its own
55 character doll and photo zone. Children can naturally learn about baseball from a star player as a
56 junior member. In sum, baseball enables family members of various ages to spend time together at a
57 stadium. Although baseball stadiums are subject to high noise levels because of intense cheering
58 during a competition, little attention has been paid to this noise level and its risk to spectators during
59 and after a baseball game. With regard to basketball, Morris et al. estimated noise levels during games
60 and reported that the average noise level and peak noise level were approximately 83 dBA and 126
61 dBA, respectively. These researchers concluded that the noise levels occurring during games were
62 much higher than people expected and that frequent exposure to such levels could negatively affect
63 the health of spectators and stadium employees [7]. In a study on health clubs, Yaremchuk & Kaczor
64 [6] found that the noise levels at 125 health clubs ranged from 78 to 106 dBA. In addition, 50% of
65 trainers employed in the health clubs experienced ear pain and suffered from tinnitus. Although the
66 noise levels produced at different sporting events should be measured and compared, there is a lack
67 of research characterizing noise types and levels in public sports. Thus, scientific documentation has
68 been insufficient in providing accurate information regarding the risks associated with high noise
69 levels and exposure time [14]. Furthermore, the general public underestimates the hearing problems
70 associated with loud noise and does not acknowledge noticeable damage [15], despite the fact that
71 sporting events can leave spectators with muffled hearing and/or tinnitus; indeed, high noise
72 exposure causes fatigue in the ear's sensory cells [16]. In this light, this study measures the noise
73 levels generated during a baseball game and analyzes four different sections. In addition, the study
74 scrutinizes people's awareness of potential hearing damage related to noise exposure at a baseball
75 stadium. We hypothesize that a large baseball stadium has different noise levels even during one
76 game and that spectators will not recognize any sign of hearing problems caused by high levels of
77 noise exposure in the baseball stadium due to a tradeoff with recreational activity [14,15]. These
78 findings will provide scientific information and effective guidelines for the public regarding safe
79 noise exposure at recreational activities.

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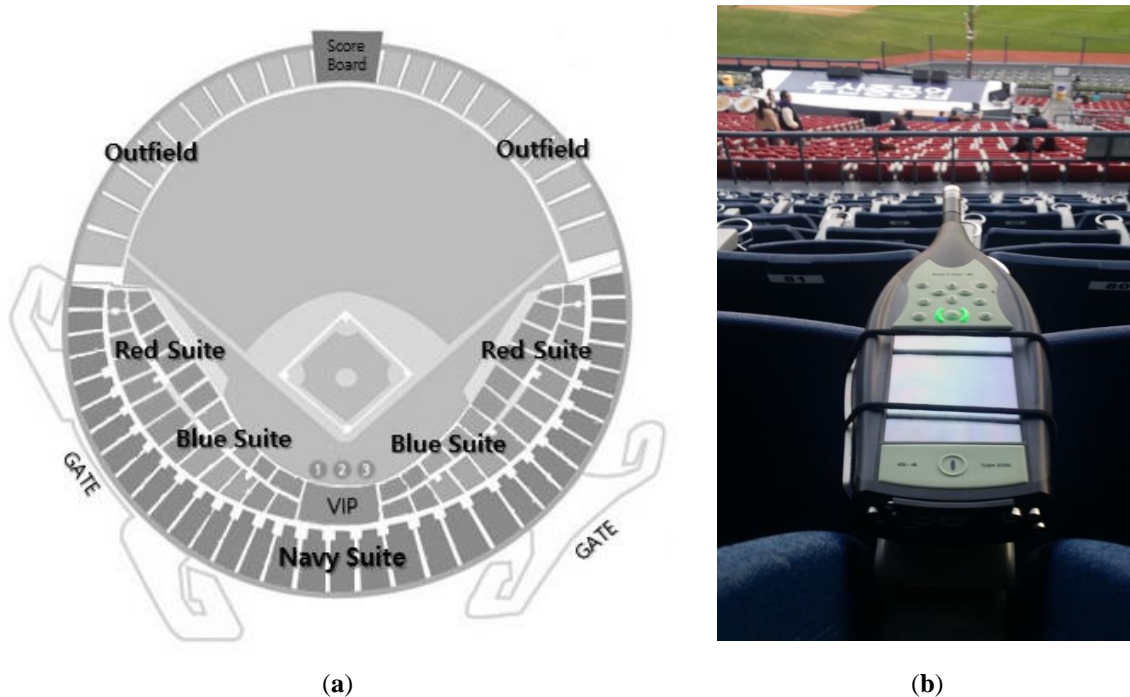
81 *Part 1: Baseball Stadium Noise Level*

82 **2. Materials and Methods**

83 *2.1. Characteristics of Baseball Stadiums*

84 To measure noise levels during a baseball game, the study uses the Seoul Complex Sports Baseball
85 Stadium. This facility is the largest baseball stadium in Korea, spanning 125 meters from home to center
86 and 100 meters between the left and right fences, with a fence height of 2.6 meters. Every year,
87 approximately 130 games are held there, and 2.3 million people visit the stadium. The Seoul Complex
88 Sports Baseball Stadium includes four seating areas: red, blue, navy, and outfield (see an aerial view of
89 the stadium in the left panel of Figure 1). Each section has a different attraction for spectators. For
90 example, the red section is the most popular because it is closest to the cheerleaders and the ground.
91 The blue section is best for watching the players and the game and is also close to the cheerleaders;
92 however, its price is relatively expensive. When seated in the navy section, people can see the entire
93 game. The outfield, with its inexpensive ticket price, is preferred by many families or people who want
94 to watch the game more quietly.

95



96 **Figure 1.** Condition of the baseball stadium and measurement of noise level in the study. (a):
 97 Seating chart for the Seoul Complex Sports Baseball Stadium. The stadium is divided into four
 98 seating sections or suites, red, blue, navy, and outfield, where noise levels were measured in the
 99 study. Two small spaces in front of the left and right red sections are the cheerleader locations for
 100 each team. (b): A screen shot of noise measurement using sound level meters fixed on armrests
 101 while facing the ground of the stadium.

102 2.2. Measurement of Noise Level

103 A sound level meter (Type #2250, Bruel & Kjaer, Nærum, Denmark), coupled with a ½-inch free
 104 field microphone (Type #4189, Bruel & Kjaer, Nærum, Denmark), was used to measure the intensity of
 105 the noise level in the stadium from 20 Hz to 20 kHz, which is the audible frequency range of the human
 106 ear. The sound level meter has been developed to specifically measure environmental noise and the
 107 standard of the International Electrotechnical Commission (IEC) 61672-1 Class 1, IEC 60651 Type 1 was
 108 applied. The system was fixed on the armrest of each seating section, facing the ground of the stadium.
 109 Because we needed consistent measurements several times at the same spot while protecting the meters
 110 from being touched by spectators, we fixed the instruments at the armrest to ensure the least movement.
 111 To better understand the noise level measured in the study, we provide a screen shot of measurement
 112 condition in the right panel of Figure 1. After calibration, the system continually recorded from the
 113 beginning to the end of each game and it was analyzed via 16 measurements (4 games×4 sections, e.g.,
 114 red, blue, navy, and outfield). The process took 3 hours, 42 minutes, and 17 seconds on average per
 115 game.

116 2.3. Statistical Analysis

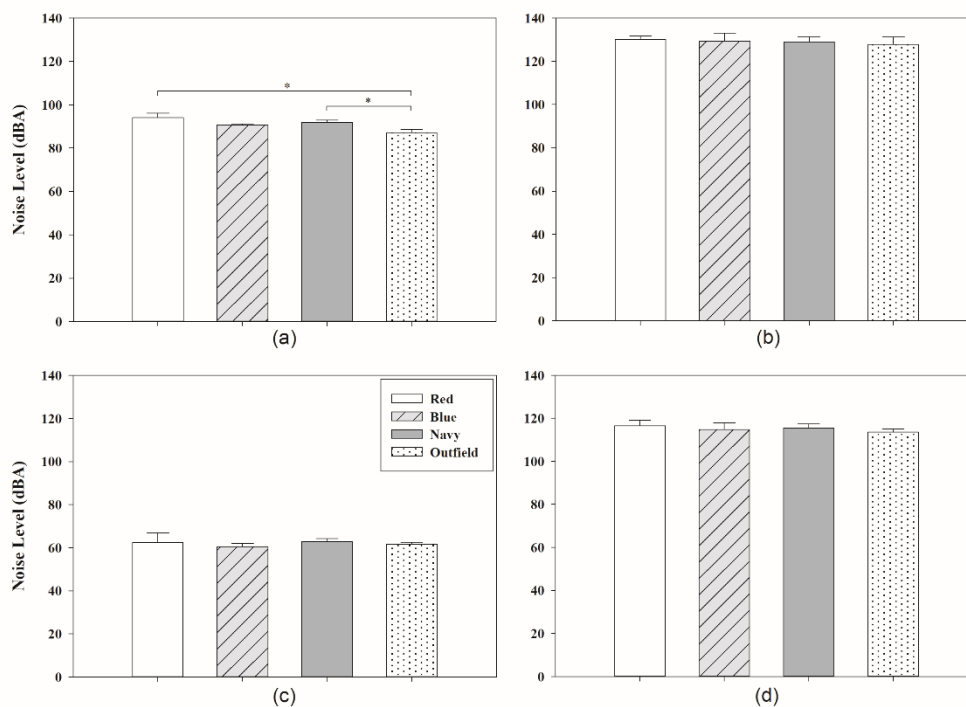
117 The statistical analysis was performed using SPSS software (Ver. 20, IBM Co., Armonk, NY, USA).
 118 To compare a significant difference in overall noise levels across the four seating sections, a one-way
 119 analysis of variance (ANOVA) was conducted for LAeq, LAFmax, LAFmin, and LCpeak, although the
 120 decibel unit was a nonlinear scale of logarithmic scale. In addition, ANOVA with repeated
 121 measurements for Z-weighted analysis was also used to confirm the main effect for the distinctive
 122 frequency characteristics of noise in the baseball stadium. If necessary, Bonferroni corrections were
 123 applied for multiple comparisons. The criterion used for statistical significance in the study was $p < 0.05$.

124 3. Results

125 3.1. Analysis of Noise Level: A- and C-weighted

126 ANOVA confirmed a significant difference in noise levels for the different seating sections with
 127 LAeq analysis [$F(3, 15) = 11.820, p = 0.001$]. The noise levels of both the red (mean: 94 dBA, SD: 2.10)
 128 and navy sections (mean: 91.9 dBA, SD: 0.95) were statistically higher than the level of the outfield
 129 (mean: 87.1 dBA, SD: 1.52) (see Figure 2 (a)). This 4.8-6.9 dB difference means that spectators of the
 130 red section could adhere to hearing guidelines by reducing their time watching the game from 4
 131 hours to only 1 hour, if applying the 85 dB rule with a 3-dB exchange rate. Although the noise level
 132 of the blue section (mean: 90.7 dBA, SD: 0.45) did not significantly differ from that of the other three
 133 sections, its values were 3-dB lower than the red section and 3-dB higher than the outfield.

134 There was no statistically significant difference in noise level for the seating sections in LAFmax
 135 [$F(3, 15) = 1.117, p = 0.388$], LAFmin [$F(3, 15) = 0.296, p = 0.827$], and LCpeak [$F(3, 15) = 0.464, p = 0.714$].
 136 For the LAFmax analysis, the level of the red section (mean: 116.5 dBA, SD: 2.45) was higher than that
 137 of the navy section (mean: 115.4 dBA, SD: 1.97), which in turn was higher than that of the blue section
 138 (mean: 114.8 dBA, SD: 3.03) and the outfield section (mean: 113.5 dBA, SD: 1.43). Although there was
 139 only a 1-dB difference across the sections, such a difference should not be overlooked at very high
 140 noise levels (Figure 2-(d)). In the LAFmin analysis, the navy section showed the highest level (mean:
 141 62.8 dBA, SD: 1.43). The level of the red section (mean: 62.4 dBA, SD: 4.47) was higher than that for
 142 either the outfield section (mean: 61.7 dBA, SD: 0.82) or the blue section (mean: 60.5 dBA, SD: 1.48)
 143 (Figure 2-(c)). For the LCpeak, the C-weighted peak analysis of the four seating sections, the red
 144 section showed the highest noise level (mean: 130 dBA, SD: 1.76), followed by blue (mean: 129.3 dBA,
 145 SD: 3.75), navy (mean: 129 dBA, SD: 2.29), and outfield (mean: 127.8 dBA, SD: 3.47) (Figure 2-(b)).



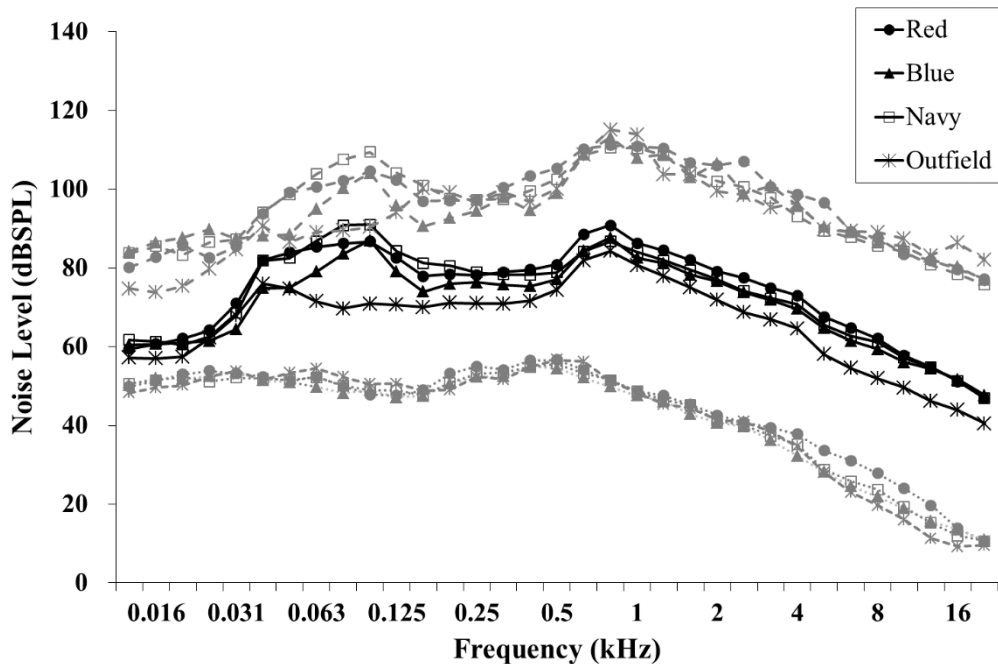
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147 **Figure 2.** Average noise levels of LAeq (a), LCpeak (b), LAFmin (c), LAFmax (d), and as a
 148 function of the four seating sections that were studied. Significant differences in the noise levels
 149 (i.e., red vs. outfield and navy vs. outfield in the LAeq analysis) are marked with asterisks (* $p <$
 150 0.05).

151 3.2. Noise Analysis of Distributed Frequency: Z-weighted

152 With no frequency weighting, the LZeq analysis showed a significant main effect for the four
 153 different seating sections [$F(3, 33) = 29.451, p < 0.001$] and for measured frequencies between 0.02 and

154 20 kHz as the audible frequency range of the human ear [$F(10, 33) = 112.012, p < 0.001$]. The red (mean:
 155 73.7 dBA, SD: 0.51) and navy (mean: 73 dBA, SD: 0.42) sections had a higher level than the blue (mean:
 156 70.6 dBA, SD: 0.73) and outfield sections (mean: 66 dBA, SD: 0.73); the red section, the highest level,
 157 was 7.7 dB higher than the level of the outfield. Noise levels between 0.02 and 8 kHz were
 158 approximately 20-dB higher than those above frequencies of 8 kHz. However, a significant interaction
 159 was not seen between the different types of sections and their frequency [$F(30,33) = 1.083, p = 0.410$]
 160 (solid lines in Figure 3).



161

162 **Figure 3.** Average noise levels of the four seating sections as a function of of the audible
 163 frequency range in the human ear : a solid line for LZeq, a thick dashed line for LZFmax, and a
 164 light dashed line for LZFmin. Generally, the levels between 0.05 and 1 kHz were significantly
 165 higher than other frequencies, but they abruptly decreased above 1 kHz. Although the values of
 166 LZFmin were not substantially different in the four sections across the frequencies, the red and
 167 navy sections were distinguishably higher level than the outfield section in LZeq.

168 For the LZFmax analysis, there was no significant difference in the seating sections [$F(3,33) =$
 169 $1.841, p = 0.159$], but a significant difference was found in frequency [$F(10,33) = 34.748, p < 0.001$]. The
 170 noise levels between 0.032 and 8 kHz were approximately 16-dB higher than those either below 0.032
 171 or above 8 kHz. This range represents a similar frequency to the speech frequency of human beings,
 172 which is very important for communication (i.e., 0.1 – 8 kHz). However, no significant interaction
 173 was seen between seating sections and frequency [$F(30,33) = 1.253, p = 0.263$] (thick dashed lines in
 174 Figure 3). Notably, the LZFmin analysis showed a significant difference for the seating sections
 175 [$F(3,33) = 3.144, p = 0.038$]. The noise level of the red section (mean: 44.3 dBA, SD: 0.42) was higher
 176 than that of the blue section (mean: 42.3 dBA, SD: 0.59). In addition, there was a significant difference
 177 in the frequency [$F(10,33) = 293.068, p < 0.001$]. The noise levels in the low frequency below 1 kHz
 178 were approximately 25-dB higher than those above 1 kHz, implying that the noise in baseball
 179 stadiums has low frequencies in general. There was no interaction between the seating section and
 180 the frequency [$F(30,33) = 0.853, p = 0.668$] (light dashed lines in Figure 3).

181

182 *Part 2: Survey Analysis for Awareness of Noise Exposure*

183 **2. Materials and Methods**

184 2.1. Characteristics of Baseball Stadiums

185 A survey designed to target various age groups of baseball fans was adapted from survey items
186 used by Chung et al.[17] and Lee et al.[16], which explored people's awareness related to non-
187 occupational noise exposure and the negative effect on hearing. Its construct and content validities
188 were verified as highly correlated in the previous papers.

189 In addition to demographic data for age and gender, the survey collected 1) personal preferences
190 of people who attend a baseball game, such as selection of seating, cheering tools, and noise level of
191 cheering (9 questions); 2) directed questions toward specific hearing issues, such as personal
192 experience of hearing problems (3 questions); and 3) questions regarding methods of hearing
193 protection (4 questions). The sixteen questions, including 3 sub-questions, were fully developed after
194 consulting two professionals in the field. The survey format was multichotomous for ease in
195 completion. With regard to reliability, its internal consistency was quite high; the value of the
196 coefficient alpha (Cronbach's α) was 0.89. Table 1 depicts the survey items and their responses.

197 2.2. Data Collection

198 The survey was administered anonymously, using either an offline or online method. In the
199 offline method, spectators at a baseball game were directly asked the questions by a researcher at
200 two-hours before the game began. For the online method, the official website of two baseball teams
201 using the Seoul Complex Sports Baseball Stadium as home ground (i.e., the Doosan Bears and LG
202 Twins) was chosen. For three weeks, a pop-up survey was presented on the website because of its
203 large congruence of visitors and its reputation as a leading authority for baseball fans.

204 2.3. Participants

205 A total of 688 surveys (300 offline and 368 online) were analyzed after excluding participants
206 who withdrew from the survey and incomplete surveys. Of the total respondents, people in their 20s
207 (42.81%, 152 female and 134 male) constituted the majority of the respondents, followed by people in
208 their 30s (28.14%, 84 female and 104 male), teens (12.28%, 40 female and 42 males), 40s (11.38%, 28
209 female and 48 male), 50s (4.79%, 12 females and 20 males), and 60s (0.6%, 2 female and 2 male). In
210 addition, the total population consisted of 318 females (47.60%) and 350 males (52.40%), with an
211 average age of 29.63 years (ranging from 13 to 65).

212 Informed consent was obtained only for the offline participants because of the inherent and
213 voluntary nature of completing an anonymous web-based survey distributed using the online
214 method (formally waived by the ethics committee). The offline participants signed a written informed
215 consent form. Among them, participants who were under 16 obtained the consent form via their
216 parents. The experimental procedure was reviewed and approved by the Institutional Review Board
217 of Hallym University.

218 3. Results

219 Of the total respondents, 63% attend a baseball game 1~2 times per month (Item #1 of Table 1),
220 and half of the respondents attend with friends due to their love of baseball (Items #3 and #4). Further,
221 70% of the respondents reported sitting in either the red or the navy section, usually the one closer to
222 the cheerleaders with a good view of the game (Item #5). The majority of respondents watched the
223 game from beginning to end (or to the 9th inning) (Item #6). Regarding noise levels in the baseball
224 stadium, 40% reported that they do not mind it, and 32% tolerated the noise although it was loud
225 (Item #7). They usually used clapping (59%) and thundersticks (35%) as cheering tools (Item #8).
226 During the game, the majority of the respondents indicated that loud noise such as shouting and
227 cheering was not significant enough to consider wearing earplugs (Items #9 and #10), noting that it
228 was not a necessity (37%) or that it would make them lose interest in the game (35%). Nonetheless,
229 one-third of the total respondents had some trouble in their daily lives after watching a baseball game
230 in the stadium (Item #11). For example, they could not hear clear speech for a while (33%) and had a

231 headache (28%). Finally, 63% of the respondents agreed that an announcement was needed to explain
 232 the loud noise in the stadium and the possible use of hearing protection (Item #12).

233 **Table 1.** Summary of results for the 15-questions except for Item 13. Boldface highlights answers given
 234 by more than 30% of the total respondents.

| Item Number | Ranking Order | | | | |
|--|---|---|-----------------------------------|--|---------------------------|
| 1. How many times do you go to a baseball stadium on average per month? | 1~2 times (63%) | 3~5 times (25%) | 6~8 times (6%) | 8 times or more (6%) | |
| 2. When did you first see a baseball game in a stadium? | 20s (47%) | 10s (26%) | Before teen years (17%) | 30s (7%) | 40s (3%) |
| 3. Who do you go to a baseball stadium with? | Friends (69%) | Family (20%) | Members of baseball club (9%) | Other (2%) | |
| 4. Why do you like to watch a baseball game? | Like the baseball (53%) | Like cheering culture (19%) | Relieve stress (17%) | Other (8%) | Promote friendship (3%) |
| 5. Which section do you usually prefer to sit in at the stadium? | Red (38%) | Navy (32%) | Blue (19%) | Outfield (9%) | Other (2%) |
| 5-1. Why do you prefer the section you selected? | Closer to cheerleaders (41%) | Want a good view of the game (32%) | To see the game comfortably (13%) | Other (8%) | Cheaper ticket price (6%) |
| 6. How long do you stay at the baseball game? | The 9th inning (from beginning to the end) (82%) | Others (8%) | The 8th inning (7%) | Leave when my team is losing the game (3%) | The 7th inning (1%) |
| 7. How loud do you think the cheering and shouting noise in the stadium is? | Not considered (40%) | Loud enough, but tolerate (32%) | Comfortable (24%) | Too loud to tolerate (3%) | Low or soft (1%) |
| 8. Which cheering tool do you mostly use? | Clapping by striking palms together (59%) | Thundersticks (35%) | Horn such as <i>vuvuzela</i> (6%) | Other (0%) | |
| 9. When feeling uncomfortable due to loud cheering and shouting noise, what do you do? | Nothing (85%) | Move to another seat (9%) | Other (4%) | Wear earplugs (2%) | |
| 10. If your ears don't feel good due | No, would | Yes, would | | | |

| | | | | | |
|--|---|---|-------------------------------------|--------------------------------|---|
| to loud cheering and shouting noise, would you consider wearing earplugs? | not wear them (92%) | wear them (8%) | | | |
| 10-1. Why don't you consider wearing earplugs when you have trouble due to loud noise during a baseball game? | Don't feel the need (37%) | Will lose half my interest in the game (35%) | Discomfort and stuffy to wear (19%) | Inconvenience of purchase (5%) | Lack of information about earplugs (4%) |
| 11. Have you had any negative symptoms in your daily life after watching a baseball game in the stadium? | No (89%) | Yes (11%) | | | |
| 11-1. Which symptoms did you have? | Not hearing clear speech for a while (33%) | Headache (28%) | Muffled ear and otalgia (18%) | Tinnitus (15%) | |
| 12. Do you think that an announcement is needed to explain possible loud noise in the stadium and available hearing protection during break times? | Yes, need it (34%) | No, not necessary (25%) | Yes, need it a little (20%) | I do not know (12%) | Yes, positively necessary (9%) |

235 Notably, only 2% of the respondents reported a personal intention to use earplugs at a future
 236 baseball game that had loud noise (Item #9 of Table 1). However, this number increased when the
 237 respondents were encouraged by a medical professional (79%) or were made aware of the potential
 238 for permanent hearing loss (74%) (see Table 2). When asked about receiving information from
 239 booklets, 40% responded positively and 40% responded negatively. Furthermore, a respective 63%
 240 and 67% of the respondents were unlikely to be affected by information on TV or the perception of
 241 peers who might wear earplugs in loud situations.

242 **Table 2.** Summary of results for Question #13 regarding factors likely to influence the use of hearing
 243 protection. Boldface highlights the answers given by more than 30% of the total respondents.

| Occasion | Very likely | Somewhat likely | Not too likely | Not likely at all | Total Responses |
|---|------------------|------------------|------------------|-------------------|-----------------|
| A doctor or nurse telling you that you should wear earplugs to protect your hearing | 232 (35%) | 292 (44%) | 84 (13%) | 60 (8%) | 668 (100%) |
| Knowing that even limited exposure to very loud noise can permanently damage your hearing | 180 (27%) | 314 (47%) | 130 (19%) | 44 (7%) | 668 (100%) |
| Reading a booklet that says prevention of hearing loss is best | 18 (3%) | 270 (40%) | 270 (40%) | 110 (17%) | 668 (100%) |

way to keep good hearing

| | | | | | |
|---|------------|--------------|--------------|--------------|---------------|
| Learning about earplugs on TV | 24 (4%) | 218 (33%) | 292 (44%) | 134 (19%) | 668 (100%) |
| Seeing your friends wear earplugs in very loud conditions | 38 (6%) | 188 (28%) | 290 (43%) | 152 (23%) | 668 (100%) |

244

245 4. Discussion

246 It is well-acknowledged that noise-induced hearing loss is preventable. Without effective
 247 prevention, the quality of life among affected people can decline, and health-care costs for society can
 248 increase [18]. This fact is demonstrated by non-occupational noise-induced hearing loss in the public
 249 due to frequent exposure to high noise levels [19]. This study measured the intensity of noise levels
 250 during a baseball game and analyzed the issue of hearing loss due to recreational noise exposure at
 251 baseball games. The results of this study indicated that the LAeq at 14 measurements for
 252 approximately four hours of each game was 91.7 dBA. This value was 7-dB higher than that reported
 253 by England et al., who found an average 84.6 dBA at a basketball game [14]. However, it was slightly
 254 lower than the average result of Morris et al., who reported a range of noise level between 90 and 95
 255 dBA in a basketball stadium [7]. Noise levels at these sporting events are high enough to exceed
 256 acceptable intensity levels when compared to the national workplace noise exposure standard [2]. If
 257 applying a rule of 85 dB LAeq for 8 hours with a 3-dB exchange rate, spectators should only be
 258 exposed to the high noise level of 91.7 dB in the baseball stadium for less than 2 hours. However, as
 259 previously mentioned, the average game time was approximately four hours. Thus, if the duration
 260 of noise exposure could not be reduced by shortening the game time, the stadium should announce
 261 the level of noise, possible hearing problems, and the availability of hearing protection devices to
 262 baseball game spectators (in Item #12, 63% of respondents agreed that this information was
 263 necessary).

264 When summarized, the LCpeak average for these sporting events indicated that the baseball
 265 game at 129.4 dB had a 3-dB higher level than the basketball game at 126.3 dB [7], producing potential
 266 damage to hearing. Without awareness of noise exposure limits, many spectators who have already
 267 been exposed to intense noise over the course of the day in their jobs and then later attend sporting
 268 events may be putting themselves at risk of permanent noise-induced hearing loss [14].

269 In Korea, baseball stadiums usually do not have roofs, meaning that the noise level depends on
 270 weather conditions [20]. For example, many spectators left the stadium when it began to rain during
 271 the four measurements in our study. As a result, the noise levels of these games were lower than
 272 those played on days with good weather. In addition, compared to the games played on weekdays,
 273 those on weekends had a larger group of spectators, resulting in increased noise levels and a stronger
 274 risk of potential hearing damage. In sum, if the weather is favorable on the weekend, more spectators
 275 attend games and thus are exposed to higher noise levels in the stadium.

276 Based on our analysis of the survey, many baseball fans have attended games one to two times
 277 per month since their 20s because they enjoy baseball. One-third of the total respondents recognized
 278 that the noise level produced by shouting and cheering during the game is very loud; however, the
 279 majority of respondents did not know how to prevent a hearing problem. Furthermore, noise
 280 occurring at the baseball games produced higher levels in the speech frequency range between 0.1
 281 and 8 kHz [21], which was also supported by our survey results; 89% of the respondents had a
 282 negative communicative experience in their daily lives after watching the game, and 33% also
 283 reported hearing unclear speech. Thus, if people habitually and routinely attend games while being
 284 exposed to high noise levels and have no chance to learn about effective protection methods for

285 hearing, their hearing damage will become a much more serious problem, both socially and
286 economically [17].

287 It is desirable to make an announcement about recreational noise exposure and its negative effect
288 on hearing at sporting events, as supported by respondents in our study. Several research efforts
289 have shown the positive impact of hearing conservation programs on behavior modification in young
290 adults [18, 22]. The highly substantial positive behavioral response to a “doctor or nurse telling you
291 that you should wear earplugs” (Item #13) indicates that professionals have an opportunity to
292 influence the public’s hearing behavior by providing education about hearing protection at many
293 levels of society.

294 5. Conclusions

295 This study shows that the noise level in baseball stadiums is high enough to cause possible
296 hearing damage and/or tinnitus if spectators frequently attend baseball games. When applying a rule
297 of 85 dB LAeq for 8 hours with a 3 dB exchange rate, the average level of 91.7 dBA only allows
298 spectators to watch a game for about 2 hours. In particular, the red and navy sections had a
299 significantly high noise level. Of further concern is that people who watch a game in a stadium do
300 not understand the severity of the noise levels there and are not given a chance to use earplugs.
301 However, many fans can be persuaded to wear hearing protection if they receive adequate education
302 and counseling. We expect these results to inform the public about the need for education on injurious
303 noise exposure during leisure activities such as baseball games. Education on hearing conservation
304 can be implemented on many fronts in society to periodically educate youth about hearing health.

305

306 Abbreviations

307 ANOVA: Analysis of variance; IEC: International Electrotechnical Commission; LAeq: A-weighting equivalent
308 level occurring during the measurement time; LAFmax: the highest level of environmental noise measured by
309 A- and Fast-time weighting; LAFmin: the lowest level of environmental noise measured by A- and Fast-time
310 weighting; LCpeak: the highest peak level measured by C-weighting; LZeq: Z-weighting equivalent level
311 occurring during the measurement time; LZFmax: the highest level of environmental noise measured by Z- and
312 Fast-time weighting; LZFmin: the lowest level of environmental noise measured by Z- and Fast-time weighting;
313 WHO: World Health Organization

314 **Author Contributions:** Conceptualization, D.L. and W.H.; Methodology, D.L. and W.H.; Formal Analysis, D.L.;
315 Data Curation, W.H.; Writing-Original Draft Preparation, D.L.; Writing-Review & Editing, W.H.; Supervision,
316 W.H.

317 **Funding:** This research was completed while being supported by National Research Foundation of Korea
318 (2017R1A1A05001299).

319 **Conflicts of Interest:** The authors declare no conflict of interest.

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