Parliamentary Committee has recently described noise as a cause of annoyance and irritation. One shows resentment and unpleasantness as one feels that noise is an intrusion into the physical privacy which one has marked as one's own.

Noise produces a contaminated environment which is a nuisance and affects the person psychologically as well as physiologically. It affects interpersonal relations, normal sleep pattern and studies. Even in offices, noise is so much that one can not work properly. Researches indicate that noise in offices is associated with dissatisfaction with the job. This noise is thus physical as well as psychological health hazard. However, noise does not affect all persons equally because they differ in 'noise sensitivity levels'.

In view of the immense importance of noise research particularly the role of noise meaning content on mental efficiency in low and high noise sensitivity subjects and the Indian University Grants Commission's recent guidelines recommending that fresh research should be undertaken in applied areas so that society could be benefitted from it, the present investigator decided to work in this area.

A study based on block randomised factorial design with six subgroups having fifteen Ss in each (three belonging to low and remaining three to high noise sensitivity group) was conducted on the students and research scholars of the
Faculties of Sciences and Social Sciences of M.D. University, Rohtak in order to investigate the role of noise meaning content on mental efficiency. The efficiency criteria included - quantitative as well as qualitative output and physiological energy expenditure inferred from the increases in blood glucose level. After the audiometric screening and administering Weinstein's Noise Sensitivity Scale (Hindi adaptation) to 225 post-graduate students, 120 Ss were finally selected: sixty 'low' and sixty 'high' noise sensitivity Ss were assigned on random basis to the six sub-groups respectively in such a way that each subgroup had twenty Ss. Ultimately only 15 Ss were retained in each cell. The extra cases were eliminated on random basis. The extra cases in all the cells but kept to keep margin for any sample loss during the experiment. All the Ss were asked to come for the experiment in mornings without taking breakfast. This was done to control the variations of blood glucose level of each S which was to be tested during the pre and post experimental conditions. Then each S was asked to work under the 'meaningful' or 'meaningless' or 'no noise' condition as per design. The experimental session lasted for 24 minutes. The S was asked to give introspective report at the end of the working session about the experiment.

The following hypotheses were formulated for testing:
1. The effect of noise on mental efficiency (quantitative as well as qualitative output, and physiological energy expenditure) would be adverse under noisy conditions.

2. Both the quantity and quality of mental work would be more adversely affected by meaningful compared to meaningful noise.

3. Mental work under noisy conditions would be physiologically costlier compared to work under no noise condition as indicated by blood glucose level.

4. There would be interactions between the effects of noise and noise sensitivity level.

5. The effect of noise on mental efficiency (quantitative as well as qualitative, and physiological energy expenditure) would be more in case of high noise sensitivity compared to low noise sensitivity group.

6. Content analysis of introspective reports would indicate that high noise sensitivity group is more affected by noise compared to low noise sensitivity group.

The differences and interactions among various group means were tested by parametric two way analysis of variance.
Duncan's Range Test and t-test were also employed for further probing. Out of the six hypotheses formulated, three have been fully and the remaining three partially supported.

The low noise sensitivity Ss were benefited by the meaningless noise but the high noise sensitivity Ss were adversely affected by it. Meaningful noise proved to be harmful for both the sensitivity groups.

The findings of the present work have immense applied value. Unnecessary use of loudspeakers should be banned. Workers in the offices with high noise level should be provided with separate cabins. Workers working in the noisy places should be provided with ear plugs. This would help increase efficiency of persons and maintain good health.