NASA TECHNICAL MEMORANDUM

NASA TM X- 72673

N75-23157

(NASA-TM-X-72673) EFFECTS OF THREE ACTIVITIES ON ANNOYANCE RESPONSES TO RECORDED FLYOVERS (NASA) 47 p HC \$3.75 CSCL 05E

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G3/53 14746

EFFECTS OF THREE ACTIVITIES ON ANNOYANCE
RESPONSES TO RECORDED FLYOVERS

Ву

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and

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NATIONAL AERONAUTICS AND SPACE ADMINISTRATION LANGLEY RESEARCH CENTER, HAMPTON, VIRGINIA 23665

NASA TM X-72673								
	2. Government Ac	Cession No.	3. Recipient's Ca	stalog No.				
4. Title and Subtitle	- 		5. Report Date	-				
EFFECTS OF THREE ACTIVITI	ES ON ANNOVANO	P DECDONANA	April 1975					
TO RECORDED FLYOVERS	25 ON AMMOTANO	L RESPONSES	6. Performing Organization Code					
7. Author(s)				·				
Walter J. Gunn, William T John L. Fletcher*	. Shepherd, an	d	8. Performing Org	genization Report No.				
9. Performing Organization Name and Address	10. Work Unit No.							
NASA-Langley Research Cent		504-09-11	01					
Hampton, VA 23665			11. Contract or Gr	rant No.				
2. Sponsoring Agency Name and Address			13. Type of Repor	t and Period Covered				
			ſ	Memorandum				
National Aeronautics and S Washington, DC 20546	pace Administ	ration	14. Sponsoring Age					
5. Supplementary Notes			<u> </u>	4				
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EFFECTS OF THREE ACTIVITIES ON ANNOYANCE

RESPONSES TO RECORDED FLYOVERS

By Walter J. Gunn and William T. Shepherd, NASA Langley Research Center, Hampton, Virginia, and John L. Fletcher, Memphis State University, Memphis, Tennessee

ABSTRACT

Subjects participated in an experiment in which they were engaged in TV viewing, telephone listening, or reverie (no activity) for a 1/2-hour session. During the session, they were exposed to a series of recorded aircraft sounds at the rate of one flight every 2 minutes. Within each session, four levels of flyover noise, separated by 5dB increments, were presented several times in a Latin Square balanced sequence. The peak level of the noisiest flyover in any session was fixed at 95, 90, 85, 75, or 70 dBA. At the end of the test session, subjects recorded their responses to the aircraft sounds, using a bipolar scale which covered the range from "very pleasant" to "extremely annoying." Responses to aircraft noises were found to be significantly affected by the particular activity in which the subjects were engaged. Furthermore, not all subjects found the aircraft sounds to be annoying.

INTRODUCTION

Interference with TV viewing is a major aircraft noise-related problem of airport community residents (ref. 1). Williams, Stevens, and Klatt (ref. 2) used a 10-point rating scale to obtain judgments of the acceptability of individual aircraft flyover noises while subjects either watched television or did not watch television. The ratings with or without TV viewing were almost

identical. Langdon and Gabriel (ref. 3) conducted a series of experiments in which subjects watched videotaped television programs and, at the end of each period, rated the acceptability of the total noise exposure during that period. In these experiments, noise level was found to produce "significantly" less effect than predicted by the Williams, Stevens, and Klatt (ref. 2) data. The authors concluded further that "there is, however, almost certainly some positive effect, which contradicts a pure masking hypothesis." Given, however, the number of subjects per group and 95 percent confidence limits of about one unit, it is difficult to accept this conclusion without a test for significance.

There is no obvious effect of level on acceptability which can be seen in their Experiments I and II data.

A model of human response to aircraft noise was recently developed by Gunn and Patterson (see Appendix A). This dynamic stress-reduction model predicts, among other things, that subjects engaged in different activities, when exposed to the same aircraft noise environment will respond with differing degrees of expressed annoyance. In order to test this hypothesis and learn the extent to which the specific activity engaged in effects one's annoyance reaction to aircraft noise, a laboratory experiment was performed as a para of a joint NASA/Memphis State University research program and is described in this report.

PROCEDURE

Subjects

Subjects were 324 members of the university community at Memphis State University. All were screened for normal hearing and those with HL greater than 20 dB (ISO) were excluded from the study. Hearing of subjects was



evaluated by a graduate student in audiology at the Memphis Speech and Hearing Center. Subjects were paid for their participation in this experiment.

Method

The 324 subjects were randomly divided into three groups of 108. Each of these groups were exposed (in subgroups of 6) to 1/2-hour of recorded aircraft landing noises. At the end of the 1/2-hour session, subjects were asked to indicate their general response to the aircraft sounds they had heard. The first group (reverie group), which was comprised of 18 subgroups of 6, simply sat and listened to the aircraft noises. The second group watched a preferred TV show during exposure to the aircraft noise and the third group listened to a recorded Modified Rhyme Test over a telephone during the aircraft noise exposure. In short, three groups of subjects were exposed to recorded aircraft noises and made judgments of annoyance at the end of the 1/2-hour session. The only difference in conditions between the three groups was the activity in which the subjects were engaged during the exposure to the aircraft noises. Table 1 shows the test sequence for each of the three groups.

Reverie

Subjects were ushered into the test room and seated. Seats were arranged before a loudspeaker so that the noise exposure would be equivalent for all subjects who were then left to themselves for a period of 15 minutes. This time was needed to provide a uniform experimental situation compared to the other two activities. Talking was permitted in this pretest period. Near the end of the 15-minute period, the experimenter reentered the room and read the instructions given in Appendix B. After this, the experimenter left the room

and a tape recording of aircraft flyover sounds was activated. The same aircraft recording was used during all three activities. These flyover sounds and the method of presentation are described in the Apparatus and Stimuli sections of this report. At the end of the experimental session, the experimenter entered the room and distributed copies of the response sheet which is shown in figure 1. The scale used was bipolar and subject responses were not biased by the use of plus or minus signs at either end of the scale. Similarly, the flyover stimuli were never described as "aircraft noises" but rather as "aircraft sounds."

TV Viewing

Subjects were ushered into the test room and seated in an arc before a color television set. The TV set was situated in front of the loudspeaker mentioned previously, as it was in the no-task condition. These subjects had earlier indicated that the program they were about to watch was one of their favorite programs. The TV set was turned on and the subjects were read the instructions shown in Appendix C and the TV audio volume control was adjusted to a level acceptable to all subjects. Two minutes prior to the beginning of the program, the subjects were read the instructions shown in Appendix B. The TV set was then turned on to the selected program and the experimenter left the room. The aircraft flyover noise tape was immediately activated at the beginning of the TV program. After the last aircraft flyover in this session, the television set was left on so as not to cause changes in subjects' annoyance that would be unrelated to the flyover sounds. The experimenter quietly distributed copies of the response sheet shown in figure 1 and indicated that they were to complete this form according to the written instructions. After all subjects had completed this response form, the experimenter collected them and distributed copies of the response form shown in figure 2.

Telephone Listening

Prior to the beginning of this phase of the experiment, a pilot study was conducted with several listeners to determine the playback levels that would be required to achieve an average of about 90 percent correct on the speech interference tests, in quiet. This was done so that performance on the tests would be degraded even further during simulated aircraft flyovers. It must be remembered that the measure of primary concern here was annoyance related to the interference with telephone use, not speech intelligibility, per se. It was necessary to use an intelligibility test to provide a device that would hold subjects' attention to verbal stimuli.

Subjects in this phase of the study were ushered into the test room and seated. Beside each seat was a telephone handset. The subjects heard the instructions shown in Appendix D. The first instruction was read to the subjects by the experimenter. The second instruction was tape recorded and given to the subjects over the telephone handsets. Following these recorded instructions, the experimenter read to the subjects the instructions shown in Appendix B. (These latter instructions were read to all subjects in each phase of the experiment, thus providing maximum uniformity in instructions.) The experimenter then left the room and the recorded speech and aircraft noise stimuli were presented.

Six lists of the Modified Rhyme Test (MRT) as developed by House, et al., 1963 (ref. 4) were presented to subjects. The answer ensembles in these tests consist of six words each with a total of 50 ensembles per test. Prior to tape recording the tests, the correct word from each ensemble was selected by

use of a table of random numbers. The tests used are shown in Appendix E. The recorded test word is underlined in each ensemble. Subjects' response forms were identical to the lists shown in Appendix E, except that no words were underlined, of course. Subjects were required to draw a line through the correct word in each ensemble per the instructions given in Appendix D. At the end of the experimental session, the experimenter collected the speech test response forms and distributed copies of the response form shown in figure 1.

These forms were then completed by the subjects and collected by the experimenter.

Apparatus

The apparatus used in this experiment is shown in block diagram form in figure 3. During the TV viewing and reverie conditions, the speech track was disconnected at the tape recorder. The voltmeter was used to set noise and speech levels prior to each experimental session. The color TV set was positioned in front of the Klipschorn speaker in such a way that it did not significantly block the sound output from the speaker during presentation of aircraft flyover sounds. The test room was a 15 x 24 ft room furnished to resemble a living room. Ambient noise level in the room was 43 dBA as determined with a sound level meter set on slow reading position.

Stimuli

Aircraft noise. Each subgroup of subjects was exposed to a 1/2-hour duration playback of recorded Boeing 747 landing sounds at the rate of one overflight every 2 minutes. In order to make the noise exposure a little more realistic, the peak levels of the individual flyover noise were varied from one overflight to the next. Within any session, there were four peak levels of aircraft noise, designated A, B, C, and D. There were 16 overflights during

each 30-minute session and there were four overflights at each level A, B, C, and D, in a balanced Latin Square sequence. Table II shows the corresponding sound levels for each peak flyover level and figure 4 shows a plot of noise level, in dBA, versus time. For each activity, the aircraft noises, in general, were presented at six intensities, designated "Intensity 1, 2, 3, 4, 5, 6." As can be seen by inspection of Table II and figure 4, the most intense aircraft sound in intensity 1 is 70 dBA peak and the other peak levels within that session decrease to 55 dBA in 5 dB increments. Likewise, in intensity 2, the most intense aircraft sound is 75 dBA and the quietest is 60 dBA, and so on.

Speech stimuli .- The experiment involved the presentation of speech as well as aircraft flyover sound stimuli. The same flyover stimuli were presented during all three activities, i.e., reverie, TV viewing, and telephone listening. Controlled speech stimuli were presented only during the telephone listening phase of the experiment. The two sets of stimuli (aircraft and speech) were recorded on two tracks of a single tape. This provided synchrony between the speech and flyover stimuli. The speech stimuli were recorded in a commercially available sound treated room by a speaker of general American English. stimuli were recorded at the rate of approximately one word every 6 seconds. The test word was appended to the phrase; "number ____ is ____," where the last blank corresponds to the position of the test word. The talker monitored his voice level with a VU meter during recording of speech stimuli. Speech stimuli were recorded on one tape track on a high quality audio tape recorder with a commercially available dynamic microphone. The recorded speech material is shown in Appendix E. Speech stimuli were played to listeners at constant level such that the speech peaks were approximately 50 dBA in the telephone handsets as measured in a 6cc coupler.

The aircraft flyover stimuli were recorded on the second track of the tape. The two tracks were juxtaposed so that the first word of the speech stimuli and the beginning of the first flyover occurred at about the same time. Flyover levels were calibrated in the test room using a sound level meter. A corresponding voltage for a calibration tone on the tape was observed and recorded. These voltages were used in subsequent sessions to set the correct flyover levels. These calibrations were checked periodically during the experiment to insure consistency of stimuli presentation. A diagram showing the level of stimuli presented to subjects and the activity they were performing is shown in Table III.

Stimuli analysis.— The aircraft flyover sounds were recorded as they occurred in the test room using commercially available acoustic analysis recording equipment. The sounds were recorded at the extreme levels of 95 and 70 dBA at several seat positions normally used by subjects. In addition, a recording of the speech signal was made with one of the handsets coupled to the microphone while the aircraft flyover sounds emanated simultaneously from the loudspeaker. These recorded stimuli will be analyzed at a computer facility and results will be available sometime in the near future for a more detailed analysis of the relationships between actual speech interference and the physical description of the noise.

RESULTS

Figure 5 shows the median annoyance scores versus session intensity level for each activity in which S's were engaged during the aircraft noise exposure. The three regression lines were significantly different from each other, i.e., the slope of the "telephone listening" line was significantly (p<.05 by t test)

different than the slopes of the "TV Viewing" and "Reverie" regression lines and median values of the "TV Viewing" regression line differed significantly (p < .05 by median test) from those of the "Reverie" regression line. Median tests of the differences of annoyance at each session intensity show that annoyance resulting from noise interruption of TV viewing at intensity 1 was significantly (p < .05) greater than that for either "Reverie" or "Telephone Listening," while at intensity level 5, the relation is reversed for "TV viewing" and "telephone listening." That is to say, in the session in which the loudest aircraft noise was 70 dBA peak, those subjects viewing TV expressed greater annoyance than those listening to speech stimuli on the telephone or those engaged in reverie (no task). As the aircraft noise intensity increased to the point where the loudest aircraft sound was 90 dBA peak, the annoyance of those engaged in the telephone listening task grew to the point where it was significantly greater than the annoyance of those engaged in the other two tasks.

Table IV shows the frequency distribution of annoyance scores for all intensity levels and activities. Note that 17 subjects (over 5 percent of the 324 who participated in this experiment) reported that the aircraft sounds were "pleasant" to hear.

DISCUSSION

The results suggest that the "telephone listening" task provides a much more sensitive indicator of peoples' overall annoyance response to aircraft noise than either "TV viewing" or "reverie" situations. While on the surface the results might at first seem to be at variance with past studies which show fairly high correlations between noise level and the resulting annoyance reaction

in the no-task situation, careful consideration of the procedures and conditions of this experiment makes the results of this study more understandable. To begin with, it is widely known that laboratory subjects judging the loudness or noisiness of individual noises covering a given intensity range will quite neatly order the stimuli as an increasing monotonic function of the intensity level, clearly demonstrating that they can discriminate intensity levels, if nothing else. Note, however, that the subjects in these experiments made only one judgment of the effect of a 1/2-hour exposure to aircraft noises presented at various intensity levels at the rate of about one flight every 2 minutes. experimental situation was contrived such that the subjects were not required to discriminate one intensity from another, but rather that they were to report their reactions to one specific exposure condition. This is not to say that the subjects did not use a standard against which to compare their reactions to the experimental stimuli. They could, conceivably, have an existing internal standard developed from real life experiences against which to compare the integrated effects of the laboratory noise exposure. The practice of obtaining only one response from each subject has much in common with the assessment of individual reactions of airport community residents to their own neighborhood noise environment. It is common practice in social surveys dealing with community response to aircraft noise to ask individuals to rate their own noise environment on various numerical category scales. In such studies, the respondents are not usually asked to rate more than one noise environment, their It is not surprising, therefore, that most such studies have found rather poor correlations between noise levels in the environment and reported annoyance reactions. It is clear from our data that the growth and absolute level of annoyance differ depending on which specific activity is interrupted by the intruding aircraft noise. With reference to the stress-reduction model of Appendix A, the data support the hypothesis that reaction to noise is modified

by the nature of the activity engaged in at the time of the noise. A viable predictor of annoyance reaction to aircraft noise must then account for the "dominant" activity in a given community during each noise exposure period. It would not be surprising to find in future experiments still another (and totally different) psychophysical function relating annoyance and noise level which occurs during and possibly interrupts sleep. The same could be said for the reactions of people engaged in various other activities. While both our TV viewing task and telephone listening task involved aural communications, the telephone listening task differed in a number of important ways. Firstly, there was no redundancy built into the speech test presented over the telephone while there is a certain amount inherent in the usual TV show. Secondly, the importance of speech intelligibility was artifically increased in the telephone listening task by offering a bonus for superior speech reception The differences in annoyance during TV viewing and reverie suggest a possible different basis for the annoyance reaction in each situation. might speculate that the significantly greater annoyance reported by the TV viewers in intensity level 1 (where the loudest overflight was only 70 dBA peak) may have been due to distraction, rather than communication interference from masking, per se.

CONCLUDING REMARKS

It is concluded that the results of this experiment support the Gunn/
Patterson Stress Reduction Model in that the degree of annoyance experienced
by people exposed to aircraft noise depends upon the nature of the specific
activity in which they are engaged at the time of the noise exposure. The
finding that some laboratory subjects, over 5 percent, find the aircraft noises
to be somewhat pleasant indicates the need for a closer look at the validity of

laboratory studies, especially those in which subjects are required to respond on a unipolar scale of annoyance which does not allow for the possibility of some subjects who find the noises, at least in a laboratory setting, to be pleasant to hear. The speech communication task appears to be the most sensitive procedure for the laboratory assessment of the effects of different levels of aircraft noise exposure.

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TABLE I - TEST SEQUENCE

15 MINUTES	30 MINUTES	5 MINUTES	5 MINUTES	
Reverie (no task)				
S's sit and talk freely, Instruction "A" read to S's	S sits; talking not permitted	S's complete Data Sheet 1		
TV Viewing				
TV audio adjusted and instructions "B" and "A" read to S's	S views TV program previously selected	S's complete Data Sheet 1	S's complete Data Sheet 2	
Telephone Listening				
Instruction "C" and practice given to S's; then instruction "A"	S listens to telephone for speech reception test	S's complete Data Sheet 1		

TABLE II - PEAK AIRCRAFT FLYOVER LEVEL IN dBA

Stimulus	Session Intensity Level									
Designator	1	2	3	4	5	6				
A	70	75	80	85	90	95				
В	65	70	75	80	85	90				
С	60	65	70	75	80	85				
D	55	60	65	70	75	80				

TABLE III - SUBJECT ASSIGNMENTS

Session Noise Intensity Level

	cession noise intensity level									
<i></i>	1	2	3	4	5	6				
Peak Level of Most Intense Aircraft Noise During Exposure, in dBA	70	75	80	85	90	95				
Activity										
No Task	S1-S18	S19-S36	s37-s54	S55-S72	S73-S90	S91-S108				
TV Viewing	S109~S126	S127~S144	S145-S162	S163-S180	S181-S198	S199-S216				
Telephone Listening	S217-S234	S235-S252	S253-S270	S271-S288	S289-S306	S307-S324				

TABLE IV - FREQUENCY DISTRIBUTION OF SCORES

Very Pleasant	:			Neutral					Extremely Annoying	Subject Response Scale		
-5	-4	-3	-2	-1	0	1	2	3	4	5	Median	Condition
				3	.5	6		2	2		.67	70 Rev
					4	4	2	6	1	1	2.0	75 Rev
		1		1	2	1	2	2	2	1	1.2	80 Rev
1			2		1	6		2	5	1	1.3	85 Rev
	1	1			3	3	5	5	*		1.7	90 Rev
				1	4	1	1	4	1	;	1.93	95 Rev
					2	3	4	7	2		2.50	70 TV
				1			3	8	4	2	3.12	75 TV
					3	1	3	4	3	4	3.0	80 TV
				1	2	4	4	2	3	2	2.0	85 TV
	:					4	2	5	3	3	2.9	90 TV
					D. Contraction and Contraction	3	2		5	4	3.21	95 TV
		1	1	-	9		2	-			0.2	70 Tel
		1			1	5	; 5 ;	2	1	3	1.9	75 Tel
					1	1	: 4	8	3	1	2.87	80 Tel
		<u> </u>				2	; 4	7	1	4	2.93	85 Tel
						1	1	3	6	7	4.17	90 Tel
							: 4 :	4	4	5	3.5	95 Tel

PLEASE INDICATE YOUR GENERAL REACTION TO THE AIRCRAFT SOUNDS WHICH WERE PRESENTED DURING THE SESSION BY PLACING A CHECK MARK NEXT TO THE APPROPRIATE POINT ON THE SCALE SHOWN BELOW.

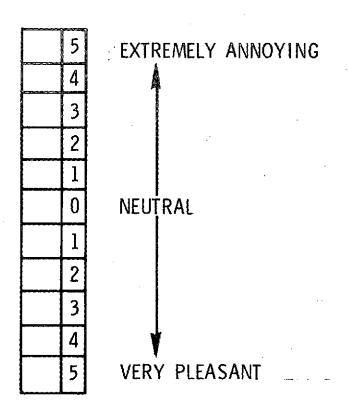


Figure 1.- Subject response sheet 1.

PLEASE ANSWER THE FOLLOWING QUESTIONS BY CHECKING THE APPROPRIATE BOX.

HOW	WOULD	YOU	RATE	THE	TV	SHOW	YOU	WATCH	ED?
Γ	ПЕХСЕ	LENT	П	GOOD		FAL	R	TPOOR)

◆ HOW WOULD YOU RATE THE TV SOUND LEVEL?
□ TOO QUIET □ JUST RIGHT □ TOO LOUD

WHAT BOTHERED YOU THE MOST ABOUT THE AIRCRAFT SOUNDS? (WRITE A FEW WORDS TO DESCRIBE YOUR FEELINGS.)

Figure 2.- Subject response sheet 2.

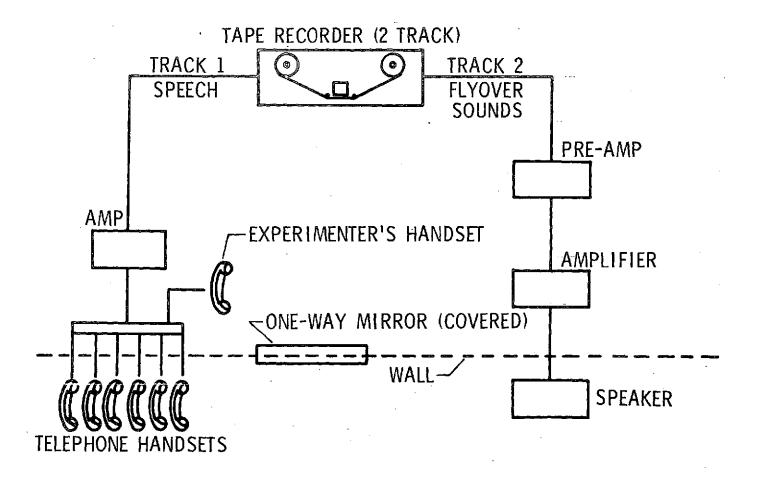


Figure 3.- Apparatus.

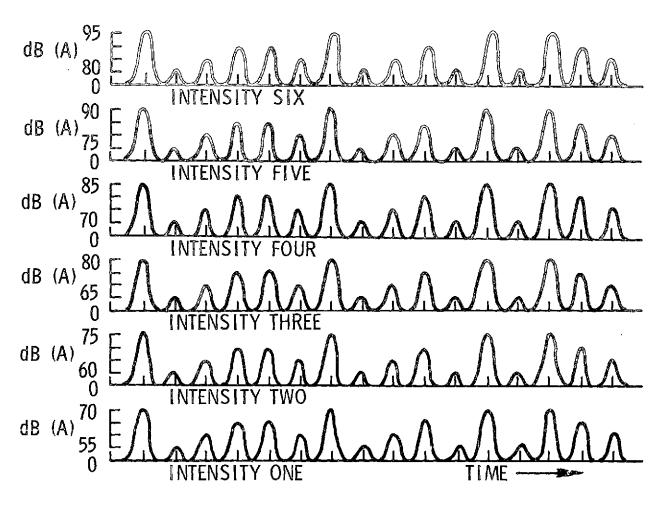


Figure 4.- Aircraft flyover noises.

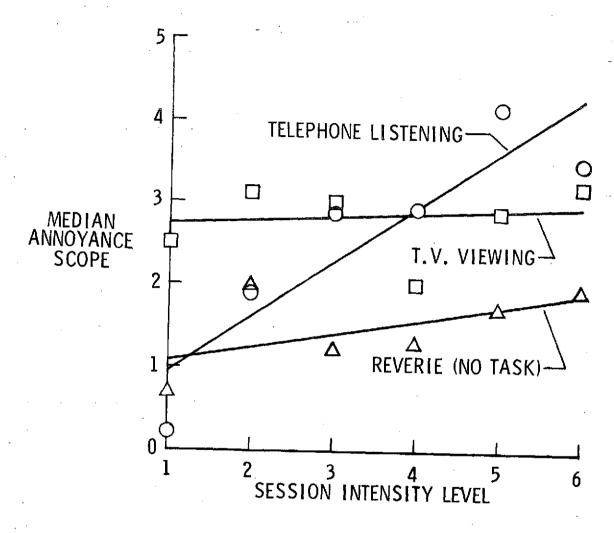


Figure 5.- Effects of activity interruption

APPENDIX A

THE GUNN/PATTERSON STRESS REDUCTION MODEL

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In the development of a methodology for the assessment of community response to aircraft noise, an important concern is the identification of specific measurable changes exhibited by the exposed community. Following this, the psychophysical relationships between the cause (noise) and effect (community response) need to be determined. To increase the meaningfulness of the predicted response, relationships between response categories should also be determined. For example, if the mean annoyance of a given community is 4.8 (on a scale of 6) and this is designated as "very annoying," very little information regarding the actual state of mind of the average community resident is known. If, however, the relationship between annoyance, desire to move out of the neighborhood, health effects, sleep loss, hearing loss, activity interruption, and degradation of the perceived quality of life are predictable from knowledge of the degree of annoyance, for instance, then the information becomes considerably more meaningful to the various users, such as aircraft designers, airport operators, pilots, legislators, and public administrators.

Some of the specific measurable changes exhibited by airport community residents resulting from aircraft noise can be determined by answers to questions in social surveys, while certain behavioral changes can be directly observed or traced through official records, such as those of the telephone company, real estate offices, and hospitals. However, a specific model of individual reaction to aircraft noise is needed in order to determine better which specific changes may be anticipated and how they can be measured.

The initial attempt at formulation of a model* is shown in figure Al.

This model is based upon the premise that individuals will attempt to reduce,

^{*}The Stress Reduction Model was developed by W. J. Gunn of NASA, Langley Research Center and H. P. Patterson of Tracor, Inc.

avoid, or eliminate stress in their lives. Stress may be defined here as a general state of physical or psychological unrest. The model suggests that aircraft noise is perceived within two general contexts: situational and human factors. That is, qualities of the individual's physical, social, and psychological environments are important in his perception of the noise.

Only when the perception is "filtered" through the various meanings associated with the noise, through the interruption of activities and/or through evaluations of the aversive nature of the noise per se, is stress produced. The stress is manifested primarily in the development of negative feelings about the noise and in health problems. However, the individual will make every attempt to relieve this stress. Two methods are shown: overt behavior and internal adjustment. Overt behavior may be of various types, including complaint, retreating indoors or out of the neighborhood, and soundproofing the home. Internal adjustment is seen in adaptation, habituation, rationalization, and resignation to the noise. It is important to note that individuals who do not or cannot take overt action or who do not or will not make internal adjustments will develop more stress since the development of negative feelings and health problems themselves produce stress.

A. <u>Stimulus Factors</u> - The stimulus factors considered important in the model are divided into two general categories: noise and vibration.

- (1) Noise
 - 1. Level
 - 2. Spectral characteristics
 - a. General shape
 - b. Discrete frequency content
 - 3. Temporal characteristics

- a. Time of occurrence
- b. Duration
- c. Impulsiveness
- d. Dwell (temporal concentration)
- 4. Other characteristics
 - a. Rate of change of above
 - b. Directionality and movement
- (2) Vibration
 - 1. Level
 - 2. Spectral content
 - Onset/offset characteristics
 - 4. Correlation with the aircraft noise
 - 5. Generation of secondary sounds (rattles, buzzes, etc.)
- B. <u>Situational Factors</u> The situational factors include the following: activity engaged in, setting, temporal factors, and other environmental conditions.
 - (1) Activity engaged in

The various activities which may be interrupted by aircraft noise are:

- 1. Relaxation (reverse)
- Aural communications, whether active or passive, with or without visual cues
- 3. Sleep
- 4. Higher order cognitive functioning such as concentration, learning, problem solving, or reading
- 5. Physical activities
- (2) Setting

The settings at times of noise exposure which may influence individual reaction are as follows:

- 1. At home or away
- 2. With others or alone
- 3. Indoors or out
- (3) Temporal factors

The temporal factors which must be taken into consideration are:

- 1. Season
- 2. Day of week
- 3. Time of day
- (4) Other environmental conditions

Other environmental factors which might effect stimulus conditions are as follows:

- 1. Presence and characteristics of nonaircraft sounds
- 2. Climatological conditions
 - a. Temperature
 - b. Relative humidity
 - c. Atmospheric pressure
 - d. Wind
 - e. Precipitation
- 3. Illumination
- Esthetics of surroundings, auditory, visual, tactile, and olfactory
- C. <u>Human factors</u> The human factors which may be influential in determining one's response to aircraft noise are divided into three general categories as follows: psychological factors, biological-physiological factors, and demographic factors.
 - (1) Psychological factors

There	${\tt are}$	at	least	seven	psychological	factors	to	bе	considered:
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- 1. Attitudes
- 2. Intelligence
- 3. Traits
- 4. Needs
- Self-concept
- 6. Values
- 7. State

(2) Biological-physiological factors

Important biological-physiological factors are:

- 1. Auditory sensitivity
- 2. Kinesthetic sensitivity
- 3. Condition: rested versus fatigued
- 4. General health
- 5/ State: relaxed versus tense

(3) Demographic factors

Possibly important demographic factors are:

- 1. Age
- 2. Sex
- 3. Occupation
- 4. Income
- 5. Education
- 6. Race
- 7. Class
- 8. Owner/Renter

- Length of residence
- 10. Previous noise exposure
- 11. Dependence on aviation
- D. Meaning associated with the noise Kerrick, et al. (ref. Al) found that while noises from a variety of sources were rated equally on the basis of loudness or noisiness, they were not equally acceptable. Gunn, et al. (unpublished results of a study conducted by Langley Research Center personnel at NASA Wallops Station, Virginia) found that aircraft perceived as flying over an individual were rated as more annoying than aircraft perceived as flying off to the side, even at the same PNL. Connor and Patterson (ref. A2) found that "fear" of aircraft crashes was an important determinent of annoyance with aircraft noises. Wilson (ref. A3) found that aircraft noises were more acceptable and less noisy than motor vehicles at the same level. This suggests that the meaning associated with the source of the sound may have an important bearing on the degree of annoyance we feel about various sounds.
- E. Activity interruption In addition to the way we may feel about exposure to unpleasant sounds or the aversive meaning we attach to them, annoyance may result if the noise interferes with an ongoing activity, such as TV viewing, radio listening, sleeping, or activities requiring concentration. The extent of activity interruption could be assessed by questions on a social survey or through prediction based on controlled laboratory tests. There is good reason to think that interruption of these activities may contribute heavily to one's overall annoyance with aircraft noise.
- F. Unpleasant characteristics of aircraft noise, per se The range of possible feelings about the characteristics of a sound, per se, run the gamut

from very pleasant, such as enjoyable music, to very unpleasant, such as a circular saw cutting sheetmetal. Similarly, certain aircraft sounds, at some levels, may actually be pleasant to hear, while other sounds may be perceived as neutral or unpleasant. Molino (ref. A4) developed what he calls "an equal aversiveness curve" for various bands of sound. The shape of the curve most closely resembled that of the inverse of the standard A-weighting characteristic. It is suggested that sounds above the threshold of aversiveness are "punishing" to the ear. Since the Molino data confounds aversiveness of the sound, per se, and interruption of concentration (the subjects were learning Russian during the experiment), the contour might be different under the condition of reverie. Clearly, there is a need to determine the psychophysical relationship between noise parameters and pleasantness or unpleasantness for various sounds. If a sound is perceived as being unpleasant to the ear, then continued exposure may lead to the development of stress in the unwilling listener.

G. Reported feelings - Airport community residents are often polled in order to determine how they feel about aircraft noise, airport operations, the people who are responsible, or the aircraft industry in general. The most commonly asked questions have to do with reported annoyance with aircraft noise. Sometimes people are asked for their overall annoyance, while in other cases they are asked about the annoyance they feel about the interruption of specific activities. In the latter case, the annoyance ratings for the interruption of various activities are usually combined in some way to form a single scale of annoyance. Although such a scale is typically well correlated with the single-question self-rating of annoyance (McKennell, ref. A5), it obviously represents only one particular dimension of annoyance and thus might best be termed "annoyance through disturbance of activities."

Questions are sometimes asked about feelings of "misfeasance" (feelings that those in authority are not doing all they could do to alleviate problems). Feelings of "fear of aircraft crashes" are also probed. The scales used to assess the various feelings are many and varied. Validity of the scales is, for the most part, assumed.

- H. Health problems While the evidence is scanty and sometimes in conflict, certain health-related problems resulting from aircraft noise may be:
 - 1. Permanent hearing loss
 - Gastro-intestinal disorders
 - Increased nervousness
 - 4. Cardio-vascular problems
 - Loss of sleep

Hospital and doctor's records might be helpful in assessing these aircraft noise related health effects.

- I. Overt behavior Few substantive studies have been conducted regarding the overt reaction of people to aircraft noise. Some important forms of overt behavior might be:
 - 1. Moving family out of the noisy area
 - 2. Complaints to authorities
 - 3. Decrease in outdoor activities
 - 4. Decrease in activities involving aural communications
 - 5. Increased time spent out of neighborhood
 - 6. Organizing to reduce the noise
- J. <u>Internal adjustment</u> The increased stress and the development of negative feelings and health problems represent an imbalance of the individual's normal or preferred state. In an effort to return to the normal state

(homeostasis), the individual either takes overt action or makes internal adjustments, both of which serve to reduce the stress. Four types of internal adjustment are identified:

- 1. Adaptation
- 2. Habituation
- 3. Rationalization
- 4. Resignation

Thus, the individual may adapt to the noise or become habituated to it.

Or, the individual may also rationalize his experience and convince himself
that his situation is not so bad after all and that others are much worse off
than himself.

K. <u>Feedback loops</u> - Every action or nonaction of the individual has a consequence. If the individual cannot or will not take overt action to reduce the stress, or if he does not make internal adjustments, then the development of negative feelings and health problems will themselves increase the stress. These relationships are shown in figure Al by dashed lines from negative feelings and health problems back to stress. They represent positive feedback loops.

However, if the individual does take some overt action or makes an internal adjustment, then the stress will be relieved through an indirect process.

Taking direct action has implications for both the stimulus and the situational factors. For example, through lobbying efforts, the individual may persuade the noise maker to reduce the noise or to change its characteristics so as to make it more tolerable. Or, the individual may change the situation by insulating his home, by spending less time outdoors (thereby decreasing his outdoor exposure time), or by moving out of the noise impacted area. If the individual

makes an internal adjustment, this has implications for the human factors context. For example, the individual, in response to stress, may develop qualities of an "imperturbable" person. Such a person would deny that the noise ever bothered him and, in fact, might report difficulty in even perceiving the noise. These consequences of overt behavior and internal adjustment are represented by dashed lines back to the stimulus and situational factors for the former and back to human factors for the latter. Both are negative feedback loops.

- L. The nature of the "filter" variables As shown in the model diagram, there are no feedback loops to the boxes representing "meaning," "activity interruption," and "unpleasant characteristics." This means only that later elements within the model are not thought to affect these elements. Certainly, events outside the model have an effect. For example, if an aircraft crashes in the near vicinity, the individual may very well associate the next flyover event with a feeling of fear of crash. In a like manner, outside events are thought to produce a certain condition within the individual which tends to "color" his perception of aircraft noise. At any one point in time, these conditions work to predispose individuals to react in certain ways. Over time, however, the conditions can change and the individual's predispositions take on a dynamic character.
- M. <u>Hypotheses</u> A number of specific hypotheses are suggested by the stress reduction model. These are as follows:
 - 1. Increased stimulus from aircraft operations will result in:
 - a. increased development of negative feelings about the noise and/or
 - b. increased development of health problems.

These results will be obtained provided the following elements are held constant:

- (1) Situational factors
- (2) Human factors
- (3) Meaning associated with the noise
- (4) Activity interruption
- (5) Unpleasant characteristics of the noise, per se
- 2. The greater the development of negative feelings about the noise
 - a. the greater the amount of overt behavior directed toward reducing or eliminating the noise, and/or
 - b. the greater the internal adjustment of the individual.

The model thus suggests that once the situational and human factors are "controlled," and once the individual's perceptions are "filtered," then the following typical outcomes would be expected:

- (1) A reduction in outdoor activities
- (2) An exodus of noise sensitive individuals from the noise impacted area (provided there is an opportunity to move)
- (3) An increase in overt behavior to reduce the noise exposure, e.g., soundproofing
- (4) An increase in health problems
- (5) A rise in atypical living habits, e.g., less conversation
- (6) An increase in positive attitudes toward the noise source for those who make an internal adjustment
- (7) An increase in indicators of other types of stress, e.g., family arguments

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GUNN/PATTERSON STRESS-REDUCTION MODEL INDIVIDUAL REACTION TO AIRCRAFT NOISE **OVERT** SITUATIONAL BEHAVIOR **FACTORS** NEGATIVE MEANING FEELINGS ACTIVITY INTERRUPTION UNPLEASANT HEALTH CHARACTERISTICS PROBLEMS HUMAN INTERNAL **FACTORS ADJUSTMENT**

Figure Al.- Gunn/Patterson stress reduction model of individual reaction to aircraft noise.

APPENDIX B

INSTRUCTION A

"We would like you to help us in this experiment which has to do with how you feel about the airplane sounds you will hear during the next 30 minutes. During the experiment, you are not to talk to each other. You will be asked for your reaction to the airplance sounds at the end of the session, which, as I said, will last about 1/2-hour."

APPENDIX C

INSTRUCTION B

"We will need to set the listening level of the TV so that it is acceptable to your group. Let's try to find a level which is a good compromise and generally comfortable for all of you."

EXPERIMENTER - FIND ACCEPTABLE LEVEL BY CONSENSUS (IN QUIET).

THEN TURN OFF TV

"Do not readjust the level during the program, please. It is imperative for the purpose of the study that the sound level stay where it is presently set."

APPENDIX D

INSTRUCTIONS TO SUBJECTS IN LISTENING PHASE OF THE EXPERIMENT

Instructions to Subjects in Telephone Listening Phase of the Experiment

"You are about to take a listening test in which you will be identifying words spoken over the telephone. The two best scoring subjects on the test will receive \$7 each. The four lower scoring subjects will receive \$4 each. If you will pick up your telephone, you will receive more detailed instructions. Remember, during the test, do not cover your open ear and do not switch the phone to the other ear. Listen for the item number that accompanies each word. Some words may be completely masked out in the background noise. Make sure you are checking off a word in the correct box."

Recorded Instructions

"Your attention, please.

You are going to hear some one syllable words presented along with different loudness levels of background noise, each word will be presented in a carrier phase giving its particular item number. For example, you will hear phrases like the following:

NUMBER ONE IS TREE NUMBER 46 IS MILE

The word presented will be one of the six words printed in a block on your answer sheet for that particular item number. Your task is to identify the word by drawing a line through it on your answer sheet. Look now at the answer sheet marked practice.

Here are some practice words:

NUMBER THREE IS TOW

Within block no. 3 is the correct word tow.

If this is the word you thought you heard, you will have drawn a line through "tow" on the practice answer sheet.
Here is another word.

NUMBER 14 IS BAT

In this case, the correct word was "bat." If this is the word you thought you heard, you will have drawn a line through "bat" within block 14 on the practice answer sheet. In the following exercise, some words will be easier to hear than others.

If you are not sure what the word is-guess. Always draw a line through one of the six words for each item number. If there are any questions, please ask the person in charge now. (Pause)

Please turn now to the answer sheet marked number one and prepare to begin. Remember, always draw a line through a word even if you must guess. After drawing a line through a word, move down to the next numbered block and prepare for the next word. After completing each of the 50 items, turn to the next answer sheet and continue, starting again with item no. 1.

A total of 300 words will be given at the rate of approximately one word every 6 second. The exercise will begin in about 30 seconds."

APPENDIX E

WORD LISTS

									-6/74 -							·
ı	lick wick	pick sick	tick kick	14	sad sat	sass sap	sag sack	27	sung sud	sup sum	sun sub	40	cave cape	cane cake	came case	
2	seat heat	neat neat	beat feat	15	síp sin	sing sill	sick sit	28	red bed	wed led	shed fed	41	game fame	tame same	name came	
3	pus puff	pup puck	pun pub	16	sold cold	told gold	hold fold	29	hot tot	got lot	not pot	42	oil boil	foil soil	toil coil	
4	look book	hook took	cook shook	17	buck bus	but buff	bun bug	30	dud dug	dub dung	dun duck	43	fin fizz	fit, fill	fib	
5	tip dip	lip sip	rip hip	18	lake lane	lace lay	lame late	31	pip pig	pit pill	pick pin	44	cut cuss	cub cud	cuff cup	
6	rate race	rave ray	raze rake	19	gun fun	rufi sun	nun bun	32	seem seen	seeth seed	e seep seek	45	feel heel	eel peel	reel keel	
. 7	bang gang	rang hang	sang fang	20	rust must	dust bust	just gust	33	day may	say gay	way pay	46	dark park	lark mark	bark hark	
8	hill fill	till kill	bill will	21	pan pass	path pat	pad pack	34	rest nest	best vest	test west	47	heap hear	heat heath	heave heal	
9	mat mass	man math	mad map	22	dim did	dig din	dill dip	35	pane pale	pay pace	pave page	48	men ten	then pen	hen den	
İO	tale bale	pale gale	male sale	23	wit bit	fit sit	kit hIt	36	bat bath	bad ban	back bass	49	raw saw	paw thaw	law jaw	
11	sake same	sale safe	save sane	24	din sin	tin win	pin fin	37	c op pop	top shop	mop hop	50	bead beach	beat beam	bean beak	
12	peat peas		peace peach	25	teal tease	teach teak		38	fig dig	pig wig	rig big		• •			
13	king kin	kit kid	kill kick	26	tent sent	bent rent	went dent	39	tap tab	tack tan	tang tam					
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1	went dent	sent tent	bent rent	14	not pot	tot hot	got lot	27	peel eel	reel keel	feel heel	40	mass mat	math man	map mad
2	hold fold	cold sold	told gold	15	vest best	test west	rest nest	28	hark bark	dark park	mark lark	41	ray rave	raze rake	rate race
3	pat path	pad pack	pan pass	16	pig pip	pill pit	pin pick	29	heave heal	hear heap	heat heath	42	save sane	same sake	sale safe
4	lane <u>lake</u>	lay lace	late lame	17	back bass	bath bat	bad ban	30	cup cuff	cut cuss	cud cub	43	fill hill	kill till	will bill
5	kit hit	bit wit	fit sit	18	way pay	may <u>day</u>	say gay	31	thaw paw	law jaw	raw saw	44	sill sing	sick <u>sit</u>	sip sin
6	must rust	bust dust	gust just	19	pig wig	big rig	dig fig	32	pen then	hen den	men ten	45	bale tale	gale pale	sale male
7	teak teach	team tear	teal tease	20	pale pane	pace pay	page pave	33	puff pus	puck pup	pub pun	46	wick lick	sick pick	kick tick
8	din dig	dill d ip	dim did	21	cane cake	case came	cape	34	bean beak	beach bead	beat beam	47	peace peach	peas peat	peak peal
9	bed red	led wed	fed shed	22	shop top	mop hop	c op pop	35	heat seat	neat meat	feat beat	48	bun bug	bus buck	but buff
10	pin fin	sin din	tin win	23	coil toil	oil boil	soil foil	36	dip tip	sip lip	hip rip	49	sag sack	sat sad	sass sap
11	dug dud	dung dub	duck dun	24	tan tack	tang tam	tap tab	37	kill kick	kin king	kit kid	50	fun gun	sun run	bun nun
12	sum sup	sun sub	sung sud	25	fit fill	fib fig	fizz fin	38	hang rang	sang fang	bang gang				
13	seep seek	seen seem	seethe seed	26	same tame	name came	game fame	39	took <u>hook</u>	cook shook	look book				

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1	gold told	hold fold	sold cold	14	heal heave	heap hear	heath heat	27	bus buck	buff but	bug bun	40	soil foil	toil coil	oil boil
2	lame late	lane lake	lace lay	15	paw thaw	jaw law	saw raw	28	tíck kick	wick <u>lick</u>	pick sick	41	came case	cape cave	cane cake
3	bust dust	just gust	rust must	16	pub pun	pus puff	puck pup	29	sin sip	sill sing	sit sick	42	wig pig	rig big	fig dig
4	did dim	din dig	dip dill	17	meat. neat	feat beat	heat seat	30	name came	fame game	tame same	43	ban bad	back bass	bat bath
5	sin din	win tin	fin pin	18	kit kid	kick kill	kin king	31	safe sale	save sane	sake same	44	test west	nest rest	best vest
6	sun sub	sud sung	sup sum	· 19	cook sho o k	book <u>look</u>	hook took	32	map mad	mat mass	math man	45	seen seem	seed seethe	seek seep
7	lot got	not pot	hot tot	20	race rate	ray rave	rake raze	33	gang bang	hang rang	fang sang	46	<u>dun</u> duck	dug dud	dub dung
8	pill pit	pick <u>pin</u>	pip pig	21	bill will	fill hill	till kill	34	sip lip	rip hip	tip dip	47	led wed	shed fed	red bed
9	may day	gay say	pay way	22	sap sass	sag sack	sad sat	35	beach bead	beam beat	beak bean	48	tease teal	teak teach	tear team
10	pave page	pale pane	pay pace	23	gale pale	male sale	tale bale	36	hen den	ten men	then pen	49	bit wit	sit fit	hit kit
П	рор	shop top	hop mop	24	peas peat	peal peak	peach peace	37	cuff	cuss cut	cub cud	50	pad pack	pass pan	path pat
12	tang tam	tab tap	tack tan	25	rent bent	went dent	tent sent	38	park dark	mark <u>lark</u>	hark bark				
13	keel reel	feel heel	peel eel	26	sun run	nun bun	gun fun	39	fizz fin	fill fit	fib fig		·		

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1	kick tick	lick wick	sick pick	14	sack s sag s		ap ass	27	sup sum	sub sun	sung	40		case	cape
2	neat meat	beat feat	seat heat	15	sit sick		sill sing	28	wed led	fed shed	bed red	41	tame same	came name	fame game
3	pun pub	puff pus	pup puck	16	fold hold	sold cold	gold told	29	pot not	hot tot	lot got	42	toil coil	boil oil	foil soil
a	hook took	shook cook	book look	17	but buff	bug bun	bus buck	30	duck dun	dud dug	dung dub	43	fig fib	fizz fin	fit fill
5	lip sip	hip rip	dip tip	18	late lame	lake lane	lay lace	31	pit pill	pin píck	pig pip	44	cuss cut	cud cub	cup cuff
6	rake raze	rate race	ray rave	19	run sun	bun nun	fun gun	32	seeth seed	e seek seep		45	heel feel	peel eel	keel reel
7	fang sang	bang gang	hang rang	50	dust bust	gust just	must rust	33	бау gay	pay way	may day	46	mark lark	bark hark	dark park
8	will bill	hill fill	k111 t111	21	path pat	pack pad	pass pan	34	best vest	rest test	nest rest	47	heath heat	heave heal	heap hear
9	map mad	mat mass	math man	22	dip dill	dim did	din dig	35	page pave	pane pale	pace pay	48	then pen	den hen	ten men
10	pale gale	sale male		23	fit sit	hit kit	bit wit	36	bass back	bat bath	ban bad	49	law jaw	saw raw	paw thaw
14	sane			24	tin win	fin pin	sin din	37	hop	cop	shop top	50	beat beam	beak bean	beach bead
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3	pass pan	pat path	pack pad	16	pick pin	pig pip	pit pill	29	hear heap	heath heat	heal heave	42	sale safe	sane save	same sake
4	lay lace	lame late	lake lane	۱7	bath bat	ban bad	bass back	30	cud cub	cuff cup	cut cuss	43	till kill	will bill	fill hill
5	sit fit	kit hit	wit bit	18	gay say	way pay	day may	31	saw raw	thaw paw	jaw law	44	sick sit	sin sip	sing sill
6	just gust	must rust	dust bust	19	rig big	dig fig	pig wig	32	den hen	men ten	pen then	45	sale male	tale bale	gale pale
7	team tear	tease teal	teach teak	20	pace pay	pave page	pane pale	33	puck pup	pun pub	pus puff	46	sick pick	tick kick	lick wick
. 8	dill dip	did dim	dig din	2	cape cave	cake cane	case came	34	beak bean	bead beach	beam beat	47	peach peace		peal peak
9	shed fed	bed red	wed led	22	mop hop	pop cop	top shop	35	beat feat	heat seat	meat neat	48	buff but	bun bug	buck bus
10	win tin	pin fin	din sin	23	boil oil	soil foil	coil toil	36	hip rip	tip dip	sip <u>lip</u>	49	sass sap	sack sag	sat sad
ļI	dung dub	dun duc k	dud dug	24	tab tap	tan tack	tam tang	37	kid kit	kill kick	king kin	50	nun bun	fun gun	run sun
12	sud sung	sum sup	sub sun	25	fill fit	fig fib	fin fizz	38	rang hang	fang sang	gang bang				
13		seep e seel	seem c seen	26	fame game	same tame	came name	39	shook cook	look book	took hook				
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1	cold sold	gold told	fold hold	14	heat heath	heal heave	hear heap	27	bug bun	buck bus	buff but	40	foil soil	coil toil	boil oil	
2	lace lay	late lame	lane lake	15	jaw law	raw saw	thaw paw	28	pick sick	kick tick	wick lick	41	case came	cave cape	cake cane	è
3	gust just	rust must	bust dust	16	pup puck	pub pun	puff pus	29	sing sill	sit sick	sin sip	42	big rig	fig dig	wig pig	"
4	dig din	dip dill	did dim	17	feat beat	seat heat	neat meat	30	came name	game fame	same tame	43	bad ban	bass back	bath bat	
5	<u>fin</u> pin	din sin	win tin	18	kick kill	king kin	kid <u>kit</u>	31	sake same	sale safe	save sane	44	west test	rest nest	<u>vest</u> best	
6	sub sun	sung sud	sum sup	19	book look	took hook	shook cook	32	math man	mad map	mat mass	45	seek seep	seem seen	seed seethe	
7	got <u>lot</u>	pot not	tot hot	20	raze rake	race rate	rave ray	33	sang fang	gang bang	rang hang	46	dub dung	duck dun	dug dud	3
8	pin pick	pip pig	pill pit	21	kill till	bill will	hill fill	34	rip hip	dip tip	lip sip	47	fed shed	red bed	led wed	,,
9	pay way	day may	gay say	22	sat sad	sap sass	sack sag	35	beam beat	bean beak	bead beach	48	teach teak	tear team	tease teal	
10	pay pace	page pave	pale pane	23	male sale	bale tále	pale gale	36	ten men	pen then	den hen	49	hit kit	wit bit	sit fit	
H	top shop	hop mop	pop cop	24	peal peak	-	peat peas	37	cub cud	cup cuff	cuss cut	50	pack pad	pan pass	pat path	
12	tam tang	tap tab	tan tack	25	bent rent	dent went	sent tent	38	lark mark	hark bark	park <u>dark</u>					
13	eel peel	keel reel	heel feel	26	bun nun	gun fun	sun run	39	fib fig	fin fizz	fill <u>fit</u>					

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