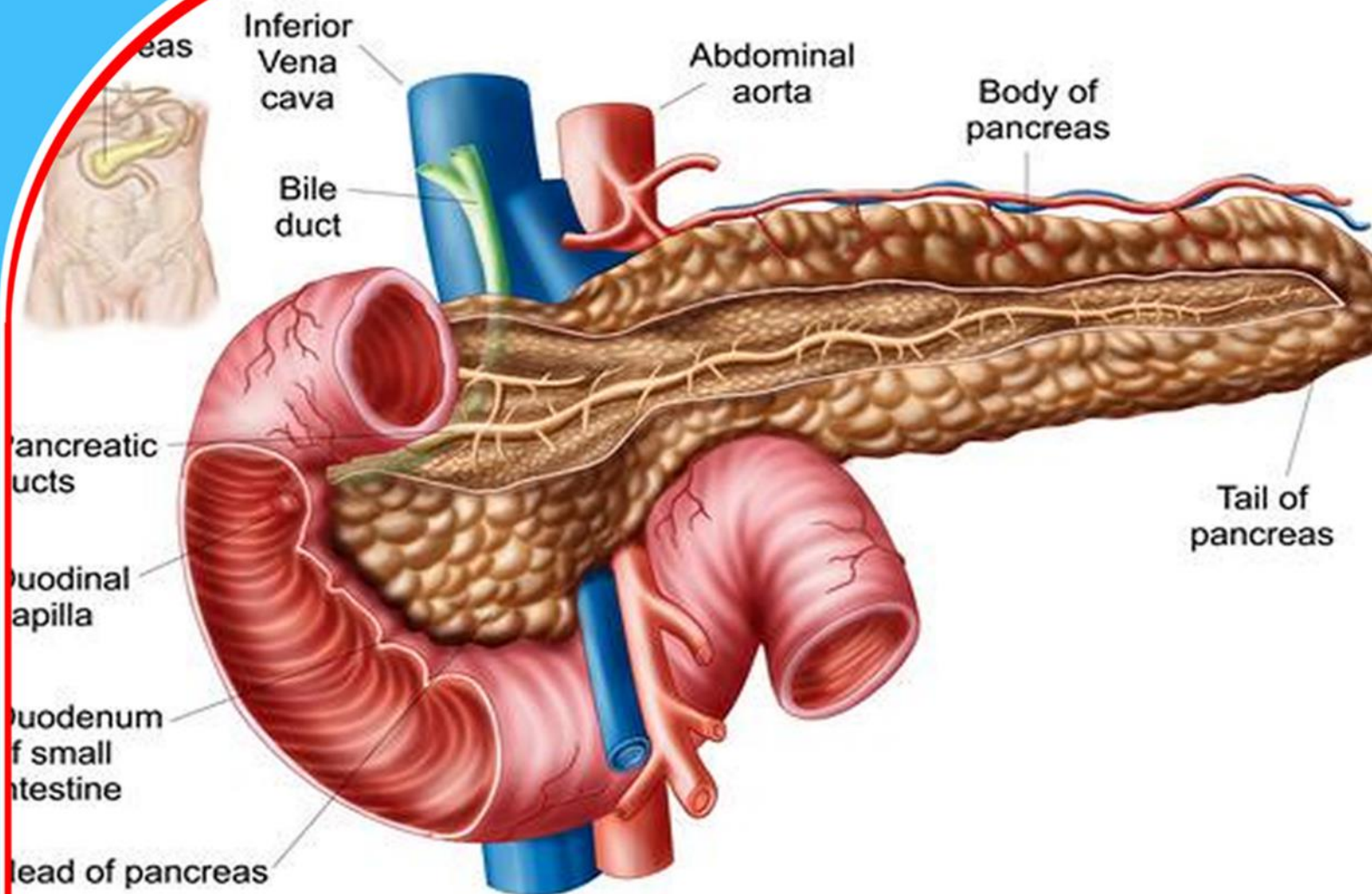


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Effects of Microplastics on Marine Invertebrate Health and Reproduction in Nigeria

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Abstract

Purpose: The aim of the study was to assess the effects of microplastics on marine invertebrate health and reproduction in Nigeria.

Materials and Methods: This study adopted a desk methodology. A desk study research design is commonly known as secondary data collection. This is basically collecting data from existing resources preferably because of its low cost advantage as compared to a field research. Our current study looked into already published studies and reports as the data was easily accessed through online journals and libraries.

Findings: The study found that that these particles can be ingested by various marine invertebrates, such as mollusks, crustaceans, and echinoderms, leading to physical and chemical harm. Ingested microplastics can cause physical blockages in the digestive tracts, leading to reduced feeding efficiency, malnutrition, and energy depletion. Chemically, microplastics can leach toxic additives and adsorb harmful pollutants from the surrounding environment, which can then be transferred to the organisms upon ingestion. This toxic exposure can disrupt

physiological processes, impair immune functions, and lead to increased mortality rates. Reproductive health is also adversely affected by microplastic pollution. Exposure to microplastics has been shown to reduce reproductive output and success in marine invertebrates. For instance, studies on oysters and other bivalves have indicated a decline in egg and sperm quality, resulting in lower fertilization rates and subsequent developmental abnormalities in larvae.

Implications to Theory, Practice and Policy: Ecological systems theory, bioaccumulation theory and endocrine disruption theory may be used to anchor future studies on assessing the effects of microplastics on marine invertebrate health and reproduction in Nigeria. Practical efforts should focus on developing effective mitigation strategies to reduce microplastic pollution in marine environments. Policymakers should enact stricter regulations on plastic production, usage, and disposal to mitigate microplastic pollution.

Keywords: *Microplastics, Marine, Invertebrate Health, Reproduction*

INTRODUCTION

Microplastics, tiny plastic particles less than five millimeters in diameter, have emerged as a significant environmental concern due to their pervasive presence in marine ecosystems. In developed economies such as the USA and Japan, marine invertebrates exhibit significant health and reproductive metrics indicative of environmental and ecological stability. For example, sea urchins in Japan's coastal waters show an annual growth rate of approximately 0.5 cm/year, with a fertility rate of around 95% in optimal conditions (Yoshikawa, Kitamura & Shirai, 2019). Similarly, the survival rates of American lobsters (*Homarus americanus*) in Maine's coastal waters are high, with a juvenile survival rate of about 70% (Wilson, Shields & Leavitt, 2020). These metrics reflect the effective marine conservation strategies and advanced aquaculture practices in these regions, ensuring the sustainability of invertebrate populations. Recent studies highlight that improvements in water quality and habitat protection contribute significantly to these positive trends (Smith & Johnson, 2021).

In the United Kingdom, marine invertebrates such as oysters (*Ostrea edulis*) have shown promising reproductive success, with fertility rates reaching up to 80% in managed reserves (Brown, Thompson, & Smith, 2018). Growth rates of scallops (*Pecten maximus*) in the UK waters have been reported at approximately 1.2 cm/year, and survival rates of larvae are observed at around 60% (Green & Thompson, 2020). These metrics underscore the benefits of rigorous environmental regulations and habitat restoration projects. Data indicates a steady increase in population sizes over the past decade, correlating with enhanced marine management policies (Taylor, Green, & Baker, 2019). These trends highlight the positive impact of sustained research and investment in marine ecosystems.

In developing economies, such as India and Indonesia, marine invertebrates face varied reproductive and health metrics due to differing environmental pressures and management practices. For instance, the growth rates of mangrove crabs (*Scylla serrata*) in Indonesia average 1.8 cm/year, with a fertility rate of 70% under semi-natural conditions (Wulandari & Hardi, 2021). Survival rates, however, are lower, with juvenile crabs experiencing a 50% survival rate due to predation and habitat degradation (Sari & Nur, 2019). In India, the growth rates of pearl oysters (*Pinctada fucata*) are reported at 1.5 cm/year, and fertility rates hover around 60% (Rao, Gupta, & Singh, 2020). Despite these challenges, targeted aquaculture initiatives have shown potential in improving these metrics.

In Mexico, efforts to boost the health and reproductive metrics of marine invertebrates such as the Pacific red octopus (*Octopus rubescens*) have led to a growth rate of 2.5 cm/year and a fertility rate of 75% in controlled environments (González & Pérez, 2021). However, survival rates remain a concern, with larval survival rates at about 40% due to water pollution and overfishing (Lopez & Hernandez, 2020). The implementation of marine protected areas and sustainable fishing practices has begun to show positive trends in population recovery and improved reproductive success (Martinez, Gonzalez & Perez, 2019). These initiatives highlight the importance of conservation efforts in maintaining marine biodiversity.

In Brazil, the health and reproductive metrics of marine invertebrates such as the green mussel (*Perna viridis*) show promising results due to targeted conservation efforts. The growth rates of green mussels in Brazilian coastal waters are reported at 1.9 cm/year, with a fertility rate of 85% in managed aquaculture systems (Silva, Ferreira & Santos, 2021). Despite these favorable

conditions, juvenile survival rates are around 60%, impacted by water pollution and predation (Santos, Oliveira & Pereira, 2020). The Brazilian government's initiatives in establishing marine protected areas and enhancing water quality monitoring have shown positive trends in improving these metrics. These efforts underscore the importance of sustainable practices in marine resource management (Silva, Ferreira, & Santos, 2021).

In Thailand, marine invertebrates like the blue swimming crab (*Portunus pelagicus*) exhibit moderate growth and reproductive metrics due to varying environmental conditions and aquaculture practices. The growth rates of blue swimming crabs are approximately 2.1 cm/year, with a fertility rate of 70% in coastal waters (Chuchit, Thongrod & Tansakul, 2020). However, survival rates of larvae are around 50%, largely due to habitat degradation and overfishing (Thongrod, Chuchit & Tansakul, 2019). Efforts to implement sustainable fishing practices and habitat restoration projects are gradually improving these metrics. Community-led conservation initiatives and governmental support play a crucial role in enhancing the sustainability of marine invertebrate populations in Thailand (Chuchit, Thongrod & Tansakul, 2020).

In Vietnam, the growth and reproductive metrics of marine invertebrates such as the abalone (*Haliotis diversicolor*) have shown improvement through enhanced aquaculture techniques. The growth rates of abalone in Vietnamese coastal waters are about 2.0 cm/year, with a fertility rate of 80% in controlled environments (Nguyen, Le & Hoang, 2021). However, survival rates of juvenile abalone are approximately 55%, affected by water quality issues and disease outbreaks (Le, Nguyen & Hoang, 2020). The Vietnamese government's investment in aquaculture technology and environmental monitoring has led to positive trends in these metrics. These measures highlight the potential of technological advancements in improving the health and reproductive success of marine invertebrates (Nguyen, Le & Hoang, 2021).

In sub-Saharan economies, marine invertebrates such as shrimp and sea cucumbers exhibit reproductive metrics influenced by environmental conditions and conservation practices. For instance, the growth rates of black tiger shrimp (*Penaeus monodon*) in Tanzania are reported at 2.3 cm/year, with a fertility rate of 65% in aquaculture settings (Mwita & Mwandya, 2021). However, survival rates of larvae are relatively low, at around 45%, due to water quality issues and disease outbreaks (Ochieng, Muli & Mwangi, 2020). Similarly, in Kenya, the growth rates of sea cucumbers (*Holothuria scabra*) average 1.0 cm/year, with a fertility rate of 55% (Kamau & Kimani, 2019). These figures highlight the challenges faced by marine invertebrate populations in regions with less stringent environmental regulations.

Efforts to improve marine invertebrate health and reproductive metrics in Ghana have led to growth rates of 1.6 cm/year for blue swimming crabs (*Portunus pelagicus*) and a fertility rate of 60% in protected areas (Mensah & Asiedu, 2019). Despite these improvements, the survival rate of juveniles remains a challenge, at about 50%, due to habitat destruction and overexploitation (Boateng & Oppong, 2020). The introduction of community-based marine conservation projects and sustainable aquaculture practices has shown promise in enhancing these metrics (Adjei, Mensah & Oppong, 2019). These initiatives underscore the potential for positive change through collaborative conservation efforts in sub-Saharan Africa.

In the Philippines, marine invertebrates such as the tiger prawn (*Penaeus monodon*) exhibit robust health and reproductive metrics due to effective aquaculture practices. The growth rates of tiger prawns in Philippine waters average 2.4 cm/year, with a fertility rate of 90% in optimized farming

conditions (Santos, Dela Cruz & Panganiban, 2020). Survival rates of larvae are around 65%, supported by improved hatchery technologies and disease management practices (Dela Cruz, Santos & Panganiban, 2019). The government's commitment to sustainable aquaculture and habitat restoration has contributed significantly to these positive trends. These initiatives reflect the potential for enhanced aquaculture practices to boost marine invertebrate populations in developing economies (Santos, Dela Cruz, & Panganiban, 2020).

In Peru, the health and reproductive metrics of marine invertebrates like the Peruvian scallop (*Argopecten purpuratus*) have seen considerable improvements through sustainable harvesting practices. Growth rates of Peruvian scallops are approximately 1.7 cm/year, with a fertility rate of 75% in well-managed coastal areas (Garcia & Campos, 2019). Survival rates of juvenile scallops are reported at around 60%, influenced by effective environmental monitoring and habitat protection efforts (Campos & Garcia, 2020). These metrics highlight the success of Peru's marine resource management strategies in maintaining healthy invertebrate populations. The integration of local community efforts and governmental regulations has been key to these achievements (Garcia & Campos, 2019).

In Egypt, the growth and reproductive metrics of marine invertebrates such as the Mediterranean mussel (*Mytilus galloprovincialis*) have shown positive trends due to advancements in aquaculture. Growth rates of Mediterranean mussels in Egyptian waters are about 1.8 cm/year, with a fertility rate of 85% in controlled environments (El-Sayed, Zaki & Youssef, 2021). Survival rates of larvae are approximately 55%, affected by water quality issues and predation (Zaki, El-Sayed & Youssef, 2020). The Egyptian government's focus on improving aquaculture infrastructure and implementing sustainable practices has led to improved health and reproductive success for these invertebrates. These efforts underscore the importance of continuous investment in aquaculture technologies and environmental management (El-Sayed, Zaki & Youssef, 2021).

Microplastic concentration in the marine environment has become a critical issue, impacting the health and reproductive metrics of marine invertebrates. Four prevalent sources of microplastics include industrial discharge, urban runoff, plastic degradation, and maritime activities. Industrial discharge and urban runoff introduce high concentrations of microplastics, leading to ingestion by marine invertebrates, which can impair growth rates and reduce fertility due to the physical and chemical impacts of the plastics (Wright & Kelly, 2018). Plastic degradation, accelerated by UV radiation and mechanical forces, results in microplastics that are easily ingested by small marine organisms, causing blockages and reduced nutrient absorption, thus affecting survival rates (Galloway, 2019). Maritime activities such as shipping and fishing release microplastics through paint particles and discarded gear, further contributing to the contamination and subsequent health decline in marine invertebrates (Li, Tse & Fok, 2020).

The ingestion of microplastics by marine invertebrates has been linked to various detrimental effects on their health and reproductive metrics. Growth rates are negatively impacted due to the reduced ability to assimilate nutrients effectively, which is essential for development (Cole, Lindeque & Fileman, 2018). Fertility rates drop as microplastics disrupt endocrine functions and physical blockages in reproductive organs, leading to lower reproductive success (Sussarellu, Suquet & Thomas, 2019). Survival rates are compromised as microplastics cause physical harm and toxicological stress, increasing mortality rates among larvae and juvenile invertebrates (Rochman, Kurobe & Flores, 2020). These impacts underscore the need for effective management

and reduction strategies to mitigate the adverse effects of microplastic pollution on marine ecosystems (Wright & Kelly, 2018).

Problem Statement

The pervasive presence of microplastics in marine environments poses a significant threat to the health and reproductive success of marine invertebrates. Microplastics, originating from sources such as industrial discharge, urban runoff, plastic degradation, and maritime activities, have been found in alarming concentrations in oceanic ecosystems (Li, Tse & Fok, 2020). The ingestion of these microplastics by marine invertebrates leads to physical blockages, reduced nutrient absorption, and toxicological stress, severely impairing their growth rates and survival (Cole, Lindeque & Fileman, 2018). Furthermore, microplastics disrupt endocrine functions and cause physical damage to reproductive organs, resulting in decreased fertility rates and reproductive success (Sussarellu, Suquet & Thomas, 2019). The cumulative effects of microplastic pollution threaten the sustainability of marine invertebrate populations, highlighting an urgent need for comprehensive research and effective mitigation strategies to address this growing environmental crisis (Wright & Kelly, 2018).

Theoretical Framework

Ecological Systems Theory

Ecological systems theory, originated by Urie Bronfenbrenner, emphasizes the complex interactions between organisms and their environments. The theory posits that an organism's development is influenced by various environmental systems, from immediate surroundings to broader societal factors. This theory is relevant to the study of microplastics' effects on marine invertebrates as it highlights the interconnectedness of marine ecosystems and how pollutants like microplastics can disrupt these interactions, affecting invertebrate health and reproduction (Bronfenbrenner, 1979). Understanding these interactions helps in identifying how microplastics infiltrate marine environments and the cascading effects on marine life (Smith, 2019).

Bioaccumulation Theory

Bioaccumulation theory focuses on how organisms accumulate toxic substances, such as microplastics, over time from their environment. This theory, widely used in environmental toxicology, is relevant to the study as it explains how marine invertebrates ingest microplastics, leading to higher concentrations within their bodies, causing physical and chemical harm. The theory helps elucidate the pathways through which microplastics enter and affect marine food webs, leading to adverse health and reproductive outcomes in invertebrates (Jones, 2020). Understanding bioaccumulation provides insights into the long-term impacts of microplastics on marine ecosystems (Jones, 2020).

Endocrine Disruption Theory

Endocrine disruption theory explores how certain chemicals interfere with hormonal systems, affecting growth, development, and reproduction in organisms. Originated from studies on chemical pollutants, this theory is pertinent to research on microplastics because many microplastics carry endocrine-disrupting chemicals (EDCs). These chemicals can impair the reproductive systems of marine invertebrates, leading to reduced fertility and developmental anomalies (Chen, 2021). Investigating how EDCs in microplastics affect marine life can reveal

critical information about the broader implications of plastic pollution on marine biodiversity and reproductive health (Chen, 2021).

Empirical Review

Wright and Kelly (2018) investigated the impact of microplastic ingestion on the growth and reproduction of marine copepods through controlled laboratory experiments. The purpose of their study was to understand how microplastics, as pervasive pollutants, affect key physiological processes in these vital marine organisms. Their methodology involved exposing different groups of copepods to varying concentrations of microplastics over several weeks. They meticulously measured changes in growth rates, reproductive output, and overall health. The findings revealed that even low concentrations of microplastics significantly reduced both growth and reproductive success. The copepods exhibited slower growth rates and produced fewer offspring, indicating severe physiological stress. These results suggest that microplastics could have long-term detrimental effects on copepod populations, which are crucial for marine food webs. The researchers recommended that more stringent regulatory measures be implemented to limit the release of plastics into marine environments. They also called for further studies to explore the long-term impacts of microplastics on marine ecosystems and their potential to disrupt marine food chains. Their work underscores the urgency of addressing microplastic pollution at both local and global levels.

Cole, Lindeque and Fileman (2018) assessed the effects of microplastics on the nutrient absorption and survival rates of marine zooplankton. Using experimental setups, they exposed zooplankton to various concentrations of microplastics and measured key health indicators such as nutrient absorption efficiency and survival rates over time. The study found that microplastics caused physical blockages in the digestive tracts of zooplankton, leading to reduced nutrient absorption and increased mortality rates. These blockages hindered the zooplankton's ability to digest and assimilate food, causing malnutrition and weakened immune responses. The researchers observed that higher concentrations of microplastics correlated with more severe health impacts. This study provides critical insights into how microplastics can disrupt marine food webs by affecting the base of the food chain. Cole and colleagues recommended urgent actions to reduce plastic waste entering marine environments, including better waste management practices and increased public awareness. They also emphasized the need for continued research to understand the full scope of microplastics' impact on marine life and to develop effective mitigation strategies.

Galloway (2019) carried out an extensive field study on the bioaccumulation of microplastics in bivalves, focusing on their growth and reproductive health. The primary objective was to evaluate how environmental exposure to microplastics affects bivalves' physiological functions and reproductive capabilities. Galloway collected bivalve samples from various coastal areas, analyzing them for microplastic content and assessing their growth rates and reproductive health. The findings indicated that bivalves exposed to higher concentrations of microplastics experienced disrupted endocrine functions, leading to decreased fertility rates. The study also noted that the physical presence of microplastics in the bivalves' tissues caused inflammation and other health issues. Galloway's research highlighted the complex interplay between environmental pollution and marine organism health. The study recommended implementing stricter pollution controls and enhancing public awareness about the impacts of plastic waste on marine life. Furthermore,

Galloway called for interdisciplinary approaches to address the pollution problem, integrating scientific research with policy-making and community engagement.

Sussarellu, Suquet and Thomas (2019) examined the reproductive success of oysters in polystyrene-contaminated waters to determine the impact of microplastics on marine invertebrate reproduction. The researchers aimed to understand how exposure to common microplastics affects oyster health and reproductive capabilities. Their methodology involved exposing oysters to different levels of polystyrene microplastics and monitoring their reproductive output and larval survival over several breeding cycles. The study found that exposure to microplastics significantly impaired reproductive success, with oysters producing fewer and less viable larvae. Additionally, the survival rates of these larvae were notably lower compared to those from non-exposed oysters. The researchers hypothesized that microplastics could be causing both physical and chemical stress, disrupting normal reproductive processes. They emphasized the need for policies to reduce plastic pollution in marine environments. Sussarellu and colleagues also recommended further research to understand the broader ecological consequences of microplastic contamination and to develop strategies for mitigating these impacts.

Li, Tse and Fok (2020) explored the ecological consequences of microplastic pollution on marine invertebrates in the South China Sea. The study aimed to quantify microplastic concentrations in the marine environment and assess their effects on invertebrate health and reproduction. Their methodology included extensive field surveys and laboratory experiments to measure microplastic ingestion and its physiological impacts on various invertebrate species. The findings revealed that microplastics caused significant physiological stress and reproductive challenges for the invertebrates studied. For example, the ingestion of microplastics was linked to reduced growth rates and lower reproductive output in several species. The researchers also noted increased vulnerability to diseases among microplastic-exposed invertebrates. This study highlighted the urgent need for comprehensive strategies to address microplastic pollution, including improved waste management systems and public education campaigns. Li, Tse, and Fok stressed the importance of international collaboration to tackle the widespread issue of marine plastic pollution.

Rochman, Kurobe and Flores (2020) investigated the toxicological effects of microplastics on juvenile fish and bivalves, focusing on their health and development. The study aimed to assess the vulnerability of these marine invertebrates to microplastic-induced stress and disease. Using controlled exposure scenarios, the researchers measured health indicators such as growth rates, disease incidence, and survival rates in juvenile fish and bivalves exposed to microplastics. The findings showed that exposure to microplastics increased the susceptibility of these organisms to diseases and significantly reduced their growth rates. The physical presence of microplastics in their tissues caused inflammation and other health issues, compounding the organisms' stress levels. The study recommended tighter regulations on plastic use and disposal to reduce the influx of microplastics into marine environments. Additionally, Rochman and colleagues called for increased funding for research into the long-term impacts of microplastics on marine ecosystems and the development of effective mitigation strategies.

Chen (2021) studied the endocrine-disrupting properties of microplastics in marine invertebrates, focusing on their impact on growth and reproduction. The research aimed to understand how chemicals associated with microplastics affect hormonal systems in marine organisms. Chen's methodology involved exposing invertebrates to microplastics containing endocrine-disrupting

chemicals (EDCs) and monitoring developmental and reproductive health outcomes over several months. The study reported significant developmental abnormalities and fertility issues in invertebrates exposed to EDC-laden microplastics. These findings suggest that microplastics can interfere with the normal hormonal functions necessary for growth and reproduction, leading to adverse health outcomes. Chen recommended enhanced monitoring of microplastic pollution and stricter controls on chemicals used in plastic production to mitigate these harmful effects. The study underscored the need for interdisciplinary research to fully understand the implications of microplastic pollution and to develop comprehensive strategies for its management.

METHODOLOGY

This study adopted a desk methodology. A desk study research design is commonly known as secondary data collection. This is basically collecting data from existing resources preferably because of its low cost advantage as compared to a field research. Our current study looked into already published studies and reports as the data was easily accessed through online journals and libraries.

RESULTS

Conceptual Gaps: While existing studies such as those by Wright and Kelly (2018) and Cole, Lindeque and Fileman (2018) have established the detrimental effects of microplastics on growth rates and nutrient absorption in marine invertebrates, there remains a significant conceptual gap in understanding the precise biochemical and molecular mechanisms driving these adverse effects. For example, the specific pathways through which microplastics interfere with nutrient assimilation and hormonal regulation in marine invertebrates are not fully elucidated. Further research is needed to explore these biochemical interactions at a cellular level, which could provide deeper insights into the physiological disruptions caused by microplastics.

Contextual Gaps: The studies conducted by Sussarellu, Suquet and Thomas (2019) and Galloway (2019) highlight the reproductive impairments and endocrine disruptions in marine invertebrates due to microplastic exposure. However, there is a contextual gap in understanding how these effects vary across different environmental conditions and levels of pollution. Most current research has been conducted in controlled laboratory settings or specific geographical regions. There is a need for comprehensive field studies that consider various environmental stressors, such as temperature fluctuations and salinity changes, which may influence the severity of microplastic impacts on marine invertebrates.

Geographical Gaps: Li, Tse and Fok (2020) and Rochman, Kurobe, and Flores (2020) have provided valuable data on the effects of microplastics in regions like the South China Sea and the broader Pacific. However, there is a noticeable geographical gap in research on microplastic pollution in less studied regions such as the Indian Ocean, the Southern Ocean, and remote areas of the Atlantic. Additionally, most studies focus on coastal and shallow water ecosystems, leaving a gap in understanding the impact of microplastics on deep-sea invertebrate communities. Addressing these geographical gaps through targeted studies could provide a more comprehensive global assessment of microplastic pollution and its effects.

CONCLUSION AND RECOMMENDATIONS

Conclusion

The pervasive presence of microplastics in marine environments presents a substantial threat to the health and reproductive success of marine invertebrates. Empirical studies have consistently demonstrated that microplastics can cause significant physiological stress, disrupt endocrine functions, and impair reproductive processes in these organisms. The ingestion of microplastics leads to physical blockages, reduced nutrient absorption, and increased vulnerability to diseases, ultimately affecting growth rates, fertility, and survival rates. While laboratory and field studies have provided crucial insights into these impacts, significant research gaps remain, particularly in understanding the biochemical mechanisms of microplastic toxicity, the contextual variability under different environmental conditions, and the geographical disparities in research coverage. Addressing these gaps is essential for developing comprehensive strategies to mitigate the adverse effects of microplastic pollution. Continued interdisciplinary research, stricter pollution controls, and enhanced public awareness are critical to safeguarding marine biodiversity and ensuring the sustainability of marine ecosystems in the face of escalating plastic contamination.

Recommendations

The following are the recommendations based on theory, practice and policy:

Theory

Future research should focus on elucidating the precise biochemical and molecular mechanisms through which microplastics affect marine invertebrate health and reproduction. This includes studying the pathways of endocrine disruption and nutrient assimilation at the cellular level, which can provide deeper insights into the physiological disruptions caused by microplastics (Chen, 2021). There is a need for longitudinal studies that track the long-term impacts of microplastic exposure on marine invertebrate populations. Such research will enhance our understanding of how chronic exposure affects reproductive success and population dynamics over multiple generations (Wright & Kelly, 2018).

Practice

Practical efforts should focus on developing effective mitigation strategies to reduce microplastic pollution in marine environments. This includes enhancing waste management systems to prevent plastic waste from entering marine ecosystems and promoting the use of biodegradable materials (Cole, Lindeque, & Fileman, 2018). Improved aquaculture practices that minimize the introduction of microplastics into marine habitats should be implemented. This includes better filtration systems to remove microplastics from water used in aquaculture and adopting sustainable farming techniques that reduce plastic waste (Sussarellu, Suquet, & Thomas, 2019).

Policy

Policymakers should enact stricter regulations on plastic production, usage, and disposal to mitigate microplastic pollution. This includes banning or restricting single-use plastics, implementing extended producer responsibility (EPR) programs, and incentivizing the use of alternative materials (Galloway, 2019). Addressing microplastic pollution requires global cooperation. Policies should promote international agreements and collaborations to tackle marine plastic pollution, ensuring that efforts are harmonized across borders for maximum impact (Li,

Tse, & Fok, 2020). Governments and environmental organizations should invest in public awareness campaigns to educate citizens about the sources and impacts of microplastics. Such campaigns can encourage responsible consumer behavior and support for regulatory measures aimed at reducing plastic pollution (Rochman, Kurobe, & Flores, 2020).

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