

Effect of Post Harvest Handling Practices in Inshore Fisheries (Case Study: Ngapudaw Township, Ayeyarwady Region, Myanmar)

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Effective post-harvest handling plays a crucial role in small-scale fisheries by preserving the freshness of fish, enhancing food safety, and reducing post-harvest spoilage. These practices directly affect the economic stability of fishing households by minimizing losses and sustaining income. The main objective of the study is to evaluate the impact on current post-harvest handling practices on fish loss and the income of fishers. A mixed-method approach was adopted, by using structured and semi-structured questionnaires developed in line with the FAO's Post-Harvest Fish Loss Assessment framework (QLAM). The results show that frequent losses are caused by not having enough cold storage, not getting enough ice, not handling things in a clean way, and not having insulated transport. More than half of the respondents who answered that they lost 10–30% of their catch because of physical damage and spoilage. These influences selling prices and household profits go down. The study finding suggests raising fishers' awareness of proper handling, investing in better storage, and ensuring affordable ice access which maintain fish quality, enhancement market value, and secure livelihoods.