

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Dari penelitian ini, didapatkan perbedaan yang signifikan antara kadar glukosa darah puasa sebelum dan setelah pemberian buah naga merah pada hari kedua dan ketiga ($p < 0.05$), namun tidak didapatkan perbedaan yang signifikan pada hari pertama setelah intervensi ($p > 0.05$).

7.2 Saran

- Ruang lingkup penelitian lebih luas dengan lebih dari satu wilayah kerja Puskesmas.
- Variasi dosis pemberian dan lamanya waktu pemberian buah naga merah.
- Variasi karakteristik sampel penelitian dengan penggunaan injeksi insulin maupun terapi kombinasi.

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