

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan dapat disimpulkan bahwa:

1. Pemberian balsam minyak lavender dapat mempengaruhi kadar hormon kortisol pada tikus wistar jantan yang diberi stresor.
2. Balsam minyak lavender dengan konsentrasi 10% memiliki kemampuan untuk menurunkan hormon kortisol lebih baik dibandingkan dengan balsam minyak lavender dengan konsentrasi 30%
3. Durasi pemberian balsam minyak lavender tidak mempengaruhi kadar kortisol pada tikus wistar jantan yang diberi stresor

7.2 Saran

1. Melakukan penelitian dengan menggunakan *design pretest and posttest* supaya dapat diketahui *baseline* kortisol dari masing-masing hewan coba.
2. Melakukan penelitian mengenai uji toksisitas balsam minyak lavender.
3. Melakukan komparasi antara balsam minyak lavender dengan obat sintetis seperti diazepam

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