# BAB VII

# KESIMPULAN DAN SARAN

## 7.1 Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan dapat disimpulkan bahwa :

1. Terdapat perbedaan pengaruh pemberian balsam minyak atsiri *Vetiveria zizanioides* antara konsentrasi 10% dan 30% terhadap perubahan hormon kortisol pada hewan coba tikus jantan galur wistar putih (*Rattus norvegicus*), dengan konsentrasi 10% menurunkan kadar kortisol, sedangkan konsentrasi 30% tidak menurunkan kadar kortisol.
2. Tidak terdapat perbedaan efektivitas balsam minyak *Vetiveria zizanioides* dengan kadar 10% dan 30% pada hari ke 10, 20, dan 30 terhadap perubahan kadar hormon kortisol *Rattus norvegicus*.
3. Efektivitas terapi bergantung pada konsentrasi, namun tidak berdasarkan jangka waktu pemberian.

## 7.2 Saran

Berdasarkan hasil penelitian, saran yang kedepan yang dapat dilakukan :

1. Pemberian stresor *forced swim test* dapat diberikan lebih lama agar tikus dapat dipastikan telah stres.
2. Melakukan penelitian mengenai uji toksiksitas balsam minyak atsiri vetiver, khususnya untuk konsentrasi 30%.
3. Pengukuran stres pada hewan coba perlu ditambahkan parameter yang lain.
4. Pemberian balsam minyak atsiri dapat diberikan dengan konsentrasi kurang dari 30% untuk mengetahui dosis terapi yang efektif.

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