

BAB 5

KESIMPULAN DAN SARAN

5.1 Simpulan

Berdasarkan hasil penelitian yang telah dilakukan maka dapat disimpulkan sebagai berikut:

1. Pemberian minyak jagung tidak memberikan pengaruh yang signifikan terhadap penurunan kadar glukosa darah tikus wistar jantan obesitas yang diinduksi melalui diet tinggi lemak– sukrosa, yaitu rata-rata sebelum perlakuan 99,29 mg/dl setelah dilakukan perlakuan yaitu sebesar 71,00 mg/dl. Walaupun nilai rata-rata tersebut menunjukkan penurunan, secara uji statistik tidak berbeda secara signifikan.
2. Pemberian minyak jagung memberikan pengaruh yang signifikan terhadap peningkatan kadar keton darah tikus wistar jantan obesitas yang diinduksi melalui diet tinggi lemak – sukrosa, yaitu rata-rata sebelum perlakuan 1,79 mg/dl dan setelah perlakuan rata-rata naik menjadi 3,37 mg/dl. Angka tersebut secara statistic menunjukkan angka yang berbeda secara signifikan.

5.2 Saran

Berdasarkan hasil yang diperoleh, peneliti merasa masih perlu dilakukan penelitian lebih lanjut mengenai pengaruh Minyak Jagung terhadap kadar glukosa dan keton darah dengan pemeriksaan histopatologi terutama organ dalam seperti liver dan lambung untuk melihat efek samping yang dihasilkan dari pemberian suplementasi minyak jagung untuk melengkapi data uji toksisitas dan untuk mengetahui mekanisme minyak jagung dalam meningkatkan metabolisme pada *Rattus norvegicus*.

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