

BAB 7

KESIMPULAN DAN SARAN

7.1. Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan dapat disimpulkan bahwa :

1. Terdapat perbedaan efektivitas pemberian balsam minyak *Cedarwood* dengan konsentrasi 10% dan 30% terhadap tikus putih wistar jantan yang diberi stresor. Pemberian balsam minyak *cedarwood* dengan konsentrasi 10% sudah menghasilkan efek untuk mengobati stres dengan hormon kortisol sebagai indikasi stres.
2. Tidak terdapat perbedaan efektivitas pemberian balsam minyak *Cedarwood* dengan waktu pemberian 10,20, dan 30 hari terhadap hormon kortisol tikus putih wistar jantan yang diberi stresor.

7.2. Saran

Berdasarkan hasil penelitian yang telah dilakukan, saran yang dapat dipertimbangkan untuk penelitian selanjutnya adalah :

1. Memperpanjang waktu pemberian stresor seperti FST agar tikus dapat dipastikan telah stres.
2. Melakukan penelitian uji toksisitas balsam minyak *Cedarwood* untuk mengetahui toksisitas balsam.
3. Menggunakan teknik pemberian stresor yang berbeda seperti *restraint stress test*.
4. Menambah parameter baru sebagai indikasi stres agar penelitian lebih spesifik lagi, seperti pengukuran berat kelenjar adrenal, dan pengukuran CRH mRNA.

5. Melakukan pengukuran kadar hormon kortisol *pretest* dan *posttest* untuk mengetahui *baseline* kortisol dari masing-masing hewan coba.

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