

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan Penelitian

Berdasarkan pengujian ansietas di alat EPM pada 30 ekor tikus (*Rattus norvegicus*) dengan pembagian 6 ekor setiap kelompok yang dilaksanakan di Laboratorium Biomedik Fakultas Farmasi Universitas Katolik Widya Mandala Surabaya dapat disimpulkan bahwa:

1. Penggunaan triptofan sebagai terapi antiansietas pada tikus putih (*Rattus norvegicus*) tidak menunjukkan efek berdasarkan pengujian menggunakan alat EPM.
2. Penggunaan 5-HTP sebagai terapi antiansietas pada tikus putih (*Rattus norvegicus*) menunjukkan efek antiansietas berdasarkan pengujian menggunakan alat EPM.

5.2 Saran

Berdasarkan hasil yang diperoleh maka dapat disarankan bahwa perlu adanya kajian ulang terkait efektivitas triptofan dan turunannya (5-HTP) sebagai agen antiansietas menggunakan metode dan instrument penguji ansietas lain.

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