BAB 5
KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Pemberian senyawa triptofan mampu menekan durasi imobilitas pada tikus, sehingga disimpulkan bahwa senyawa triptofan mempunyai aktivitas antidepresan pada tikus putih (*Rattus norvegicus*) dengan metode *Forced Swim Test*.
2. Pemberian senyawa 5-Hidroksitriptofan mampu menekan durasi imobilitas pada tikus, sehingga disimpulkan bahwa senyawa 5-HTP mempunyai aktivitas antidepresan pada tikus putih (*Rattus norvegicus*) dengan metode *Forced Swim Test*.

5.2 Saran

Berdasarkan hasil penelitian yang dilakukan, disarankan untuk melakukan penelitian lebih lanjut terkait dengan depresi kronis yang diberikan perlakuan stress yang lebih lama dengan menggunakan metode *Unpredictable Chronic Mild Stress* (UCMS), kemudian dilanjutkan dengan menganalisis kadar serotonin pada tikus.

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