

BAB VII

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Pada penelitian dapat disimpulkan bahwa terdapat hubungan pertumbuhan *Candida albicans* dengan penambahan *Dextrose* 5%, 10%, 40% dan tanpa penambahan *Dextrose* pada agar *Sabouraud Dextrose*. Disimpulkan menjadi:

1. Terdapat hubungan mengenai penambahan *Dextrose* 5%, 10% dan 40% pada media *Sabouraud Dextrose Agar* (SDA) karena didapatkan hasil yang signifikan berbeda pada analisis data.
2. Didapatkan gambaran pertumbuhan *Candida albicans* pada media *Sabouraud Dextrose Agar* (SDA) dengan penambahan *Dextrose* 5%, 10%, dan 40%.
3. *Candida albicans* tumbuh lebih subur pada media agar *Sabouraud Dextrose* standar yang diberi penambahan *dextrose* dengan kadar 5% dibandingkan dengan media *Sabouraud Dextrose* kontrol, *Dextrose* 10% dan *Dextrose* 40%.
4. Pada media agar *Sabouraud Dextrose* standar dengan penambahan *dextrose* 5% dapat digunakan sebagai media kultur jamur pilihan. Penambahan *dextrose* 5% pada media ini

dapat membantu mempercepat waktu diagnostik pada pasien yang dicurigai memiliki *Candida albicans*.

5. Ditemukan perbedaan pertumbuhan *Candida albicans* pada keempat media dimulai dari hari pertama penelitian hingga hari terakhir, seperti tertera pada tabel 5.3.1.2.

7.2 **Saran**

Berdasarkan hasil penelitian, perlu dilakukan penelitian lebih lanjut mengenai:

1. Bagi akademik, dapat menjadi pintu bagi penelitian yang bersifat *true eksperiment* di FK UKWMS dengan menambahkan subjek penelitian serta variabel.
2. Bagi klinisi, sangat baik menggunakan media *Sabouraud Dextrose Agar* (SDA) dengan penambahan *Dextrose* 5% sebagai media untuk kultur karena bisa didapatkan pertumbuhan yang lebih baik. Selain itu, media *Sabouraud Dextrose agar* (SDA) dengan penambahan *Dextrose* 40% sebaiknya tidak digunakan karena dapat menghambat pertumbuhan *Candida albicans*.
3. Bagi peneliti lain, dapat dilakukan penelitian analitik lanjutan mengenai pertumbuhan jamur dengan durasi waktu penelitian

yang lebih lama untuk mengetahui efek *dextrosa* dalam jangka panjang pada pertumbuhan *Candida albicans*.

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