

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

- Peningkatan kadar gula darah pada kelompok yang mengonsumsi jus buah pir lebih tinggi secara bermakna.
- Tidak terdapat perbedaan nilai gula darah tertinggi dan pada menit ke 15, 30, dan 60 pada kelompok yang mengonsumsi buah maupun jus buah pir.
- Waktu untuk mencapai nilai gula darah tertinggi lebih lama pada kelompok yang mengonsumsi jus buah pir.
- Peningkatan kadar gula darah yang lebih tinggi pada kelompok yang mengonsumsi jus buah pir pada menit ke 15 dan 30.
- Total peningkatan lebih tinggi yang lebih lama pada jus buah pir.

Tidak terdapat perbedaan kadar gula darah yang tertinggi dan kadar gula darah pada menit ke 15,30, dan 60, tetapi peningkatan kadar gula darah pada konsumsi jus buah pir lebih tinggi pada menit ke 15 dan 30 berbeda secara bermakna. Pada konsumsi buah pir, kadar gula darah mencapai puncaknya pada menit ke 15 dan setelah itu mulai menurun, sedangkan pada konsumsi jus buah pir, kadar gula darah yang lebih tinggi secara signifikan dibandingkan dengan konsumsi buah pir terus meningkat dan dipertahankan lebih lama pada kadar yang lebih tinggi.

7.2 Saran

7.2.1 Bagi Ilmu Pengetahuan

Hasil dari penelitian ini dapat menambahkan ilmu pengetahuan dan berguna untuk peningkatan kesehatan.

7.2.2 Bagi Institusi Pendidikan

Hasil dari penelitian ini dapat berguna dan memperkaya hasil-hasil penelitian bagi institusi pendidikan

7.2.3 Bagi Masyarakat

Peneliti menyarankan untuk lebih sering mengonsumsi buah dibandingkan jus buah untuk manfaat buah yang bisa didapatkan dengan lebih efisien dan karena peningkatan kadar gula yang lebih tinggi pada konsumsi jus buah dan teori-teori yang telah dikemukakan sebelumnya. Selain itu jus buah termasuk makanan olahan sehingga sebisa mungkin konsumsinya dapat dikurangi, terutama bagi penderita toleransi glukosa terganggu dan diabetes melitus.

7.2.4 Bagi peneliti selanjutnya

Saran yang dapat peneliti berikan adalah desain yang lebih baik untuk mengatasi keterbatasan penelitian ini, misalnya penelitian dengan desain *true eksperimental*. Saran lainnya adalah melakukan penelitian pada buah yang lain atau pada subjek yang mengalami diabetes melitus atau pada subjek dengan toleransi glukosa tertanggu.

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