

BAB 7

KESIMPULAN DAN SARAN

7.1. Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan, berikut adalah kesimpulan yang diambil :

1. Pemberian balsam minyak atsiri lavender tidak berpengaruh terhadap jumlah pakan yang dikonsumsi tikus yang diberi stresor.
2. Pemberian balsam minyak atsiri lavender berpengaruh secara bermakna terhadap peningkatan berat badan tikus yang diberi stresor.

7.2. Saran

Berdasarkan hasil penelitian yang telah dilakukan, berikut adalah saran-saran yang diberikan untuk penelitian selanjutnya :

1. Pemberian stresor dengan metode FST dapat dilakukan dalam jangka waktu yang lebih lama agar tikus dapat dipastikan mengalami stres. Indikator yang dapat digunakan sebagai penanda bahwa tikus mengalami stres adalah dengan pengukuran kadar hormon kortisol dalam darah yang meningkat.
2. Pemberian stresor dapat dilakukan kombinasi dengan metode pemberian stresor yang lain secara bergantian sehingga tikus tidak beradaptasi apabila stresor yang diberikan hanya satu jenis. Pemberian stresor yang bervariasi dan bergantian ini bertujuan untuk mempertahankan kadar hormon kortisol tetap tinggi sebagai indikator stres.
3. Dapat dilakukan pengujian kadar bahan aktif lavender dalam plasma tikus untuk mengetahui konsentrasi dari minyak atsiri lavender yang diabsorpsi ke dalam tubuh.

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