BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan dapat disimpulkan:

1. Diet ketogenik tidak jenuh dengan olahraga merupakan diet yang paling disarankan dari penelitian ini karena bisa meningkatkan diameter *quadriceps* dan massa m.*quadriceps* pada akhir penelitian.
2. Diet ketogenik jenuh dengan olahraga dapat menjadi alternatif dikarenakan bisa meningkatkan diameter *quadriceps* walaupun tidak signifikan dan bisa meningkatkan massa m. *quadriceps* pada akhir penelitian
3. Diet ketogenik jenuh dan tidak jenuh tanpa olahraga tidak disarankan dikarenakan ketogenik jenuh tanpa olahraga bisa menyebabkan inflamasi pada otot dan ketogenik tidak jenuh tanpa olahraga tidak bisa meningkatkan diameter *quadriceps* dan massa m. *quadriceps*.

7.2 Saran

1. Melakukan penelitian jangka panjang terhadap efek diet ketogenik tehadap diameter dan massa otot.
2. Memisahkan antara m. *quadriceps* dengan tulang femur agar bisa mengetahui massa asli dari m. *quadriceps*.
3. Menyesuaikan metode olahraga dengan keperluan penelitan, mungkin bisa menggunakan treadmill jika dana cukup.
4. Menambah durasi olahraga untuk melihat perubahan diameter *quadriceps* dan massa m. *quadriceps*.

5. Melakukan pelatihan memegang tikus dan memasukkan sonde ke tikus agar rasa sakit pada tikus berkurang.

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