

BAB V

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Dari penelitian yang telah dilakukan, pada peningkatan stamina dan penurunan kadar hormon kortisol, maka dapat diambil kesimpulan sebagai berikut :

1. Pemberian balsam minyak atsiri cedarwood konsentrasi 10%, ada pengaruh terhadap peningkatan lamanya waktu berenang pada tikus putih jantan yang dibuat stres dibandingkan dengan kelompok kontrol negatif sedangkan pemberian balsam minyak atsiri cedarwood konsentrasi 20%, tidak ada pengaruh terhadap peningkatan lamanya waktu berenang pada tikus putih jantan yang dibuat stres dibandingkan dengan kelompok kontrol negatif.
2. Pemberian balsam minyak atsiri cedarwood konsentrasi 10% dan 20%, tidak ada pengaruh terhadap penurunan kadar hormon kortisol pada tikus putih jantan yang dibuat stres dibandingkan dengan kelompok kontrol negatif.

5.2 Saran

1. Penelitian selanjutnya dapat mencoba melakukan pemberian metode *stressor* yang lain yang dapat memberi pengaruh terhadap pengamatan stamina dan kadar hormon kortisol.
2. Penelitian selanjutnya untuk melihat balsam minyak atsiri cedarwood sebagai antistres dapat digunakan metode uji chimney, metode uji rotarod dan metode uji platform.

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