

BAB V

KESIMPULAN DAN SARAN

A. Kesimpulan

Dari penelitian ini dapat disimpulkan:

1. Fase peka cahaya pada mencit jantan terjadi pada jam 22.00–02.00.
2. Pemberian cahaya selama periode gelap dapat meningkatkan kadar testosteron, berat testis dan jumlah lapisan sel spermatogenik.

B. Saran

Perlu diadakan penelitian lebih lanjut dengan interval pencahayaan lebih diperpendek, sehingga didapatkan fase peka cahaya yang lebih akurat.

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