

EFFECTIVENESS OF THE PULISTENIKS PROGRAM AT HOLY SPIRIT POLICE STATION 14: BASIS FOR ENHANCED RAPID RESPONSE

ABSTRACT

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The Philippine National Police (PNP) is mandated to maintain peace and order, protect lives and properties, and ensure public safety. To effectively carry out these responsibilities, police officers must be physically fit, disciplined, and mentally prepared. In response to this need, the PNP implemented the Pulisteniks Program, a structured physical fitness regimen consisting of calisthenics, endurance, and strength training conducted every Tuesday and Thursday across police units. While the program was designed to promote physical health, discipline, teamwork, and camaraderie among officers, questions remained regarding its effectiveness in enhancing rapid response capabilities, which are critical to timely and efficient law enforcement operations. This study employed a descriptive research design to evaluate the implementation and outcomes of the Pulisteniks Program. Data were gathered from police officers assigned to Holy Spirit Police Station 14 through surveys and interviews that assessed participation levels, perceived physical fitness, mental readiness, discipline, and program implementation. Observations and document reviews were also conducted to identify challenges and areas for improvement in the program's execution. The findings revealed that the Pulisteniks Program positively influenced officers' physical fitness, discipline, teamwork, and camaraderie. Many participants reported improved stamina, strength, and readiness to perform police duties. However, variations in participation, training quality, and consistency of implementation were observed. Some challenges included limited resources, scheduling conflicts, and uneven engagement among officers. While the program contributed to overall preparedness, its direct impact on rapid response capabilities required further enhancement through consistent implementation and monitoring. The study demonstrated that the Pulisteniks Program plays a significant role in improving police officers' physical and mental preparedness, which is essential for effective law enforcement. Strengthening the program requires the shared efforts of the PNP, the community, local government units, and researchers. Sustained support, adequate resources, community involvement, and continuous evaluation are necessary to enhance the program's effectiveness, sustainability, and long-term impact on public safety and rapid response performance.

RECOMMENDED CITATION

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