

AN ASSESSMENT OF THE SELF DEFENSE CAPABILITY OF POLICE OFFICERS: BASIS FOR SKILLS DEVELOPMENT PLAN IN BATASAN STATION 6 QUEZON CITY

ABSTRACT

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This study assessed the self-defense capability of police officers assigned to Batasan Police Station 6 as a basis for developing a skills development plan. A descriptive quantitative research design was employed to evaluate officers' self-defense capability in terms of technical proficiency, tactical decision-making, physical readiness, and safety and injury prevention. The respondents consisted of forty-five police personnel, including commissioned and non-commissioned officers. Data were gathered using a structured survey questionnaire and analyzed through frequency, percentage, and weighted mean. Findings revealed that police officers generally demonstrated an acceptable level of self-defense capability across all assessed areas, with respondents agreeing that they possess adequate technical skills, sound tactical judgment, sufficient physical readiness, and awareness of safety and injury prevention practices. However, the study identified time constraints due to operational duties as the most significant challenge affecting regular participation in self-defense training, followed by issues related to physical fatigue and training-related injuries. Based on the results, the study recommends the allocation of dedicated time for physical conditioning and defensive skills training, along with the implementation of injury prevention programs. The proposed skills development plan aims to enhance officers' self-defense competence, operational readiness, and overall safety. The findings of this study may serve as a basis for improving training programs not only in Batasan Station 6 but also in other police units with similar operational demands.

RECOMMENDED CITATION

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