

## Physical Training Model Of Brimob Polri: Enhancing Task Performance With Superior Physical Abilities

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### Abstarct

*This research aims to develop an effective training model to enhance the physical fitness of Indonesian National Police Mobile Brigade (BRIMOB) personnel to support their operational tasks optimally. Good physical fitness is crucial for BRIMOB personnel, as they are often confronted with situations that demand agility, endurance, speed, and physical strength. This abstract presents the framework of the training model, which is based on a literature review of the specific physical requirements needed by BRIMOB personnel to carry out their duties. The research methodology involved surveys, interviews, and field observations to understand the needs and challenges faced by BRIMOB personnel in real-life situations. The training model focuses on key aspects such as physical endurance training, speed and agility exercises, and the development of physical strength. Additionally, specialized exercises relevant to BRIMOB's operational tasks are also integrated into the model. The research findings show that the implementation of this training model significantly improves the physical fitness of BRIMOB personnel, resulting in enhanced performance in carrying out tactical tasks. Moreover, the study identifies several key factors that influence the effectiveness of training, including personnel motivation, organizational support, and the use of technology in training. This research contributes significantly to the development of a better and more effective training model for Indonesian National Police Mobile Brigade (BRIMOB) personnel and can be adapted for use in other law enforcement and security units. It is expected that this training model will serve as a guide for decision-making in designing comprehensive and sustainable physical training programs to enhance the readiness and performance of BRIMOB personnel in facing future task challenges.*

**Keywords:** Physical Fitness Training, Task Performance, Mobile Brigade (BRIMOB), Endurance, Agility

### Introduction

The background of this journal focuses on improving the physical capabilities of the Mobile Brigade Corps (BRIMOB) personnel of the Indonesian National Police (POLRI) to support the optimal implementation of their duties. Good physical ability for BRIMOB personnel is very important because they are often faced with task situations that demand agility, endurance, speed, and physical strength. As a special unit of the Indonesian National Police, BRIMOB has a crucial responsibility in handling emergency situations, riots, riot suppression, handling mass actions, and other special operations. In carrying out these tasks, optimal physical ability is a determining factor for success in handling various challenges faced in the field. However, improving the physical capabilities of BRIMOB personnel is not an easy task. Proper and planned physical training is essential to ensure that BRIMOB personnel are ready and able to face various task situations that require high physical readiness. Therefore, it is necessary to develop an effective training model based on the special needs of BRIMOB personnel.

Despite various efforts to improve the physical capabilities of BRIMOB personnel, there have not been many studies that specifically develop and test appropriate training models to support the improvement of their physical performance. Therefore, this research is expected to make an important contribution in the development of effective and evidence-based training models, so as to help improve the readiness and performance of BRIMOB personnel in carrying out their operational tasks better.

By understanding the background and challenges faced by BRIMOB personnel, it is hoped that this journal can provide valuable insights for researchers, trainers, and decision makers in designing a comprehensive physical training program and focusing on improving the physical capabilities of BRIMOB personnel specifically. It is also hoped that the results of this research can make a positive contribution to the successful implementation of BRIMOB's duties and responsibilities in maintaining public security and order in Indonesia.

## **Methods**

The study began with a comprehensive literature review of the special physical needs required by BRIMOB Corps personnel in carrying out their duties. This literature review includes scientific studies, articles, and related publications relevant to the physical abilities, training, and special needs of the BRIMOB unit. The initial phase of the study involved an initial survey to identify the level of physical readiness and training needs of BRIMOB personnel. These surveys may include assessments of physical fitness levels, exercise history, and initial assessments of physical challenges encountered in operational tasks. The researchers will conduct interviews with BRIMOB personnel who are directly involved in various operational tasks. This interview aims to gain deeper insight into the experiences and challenges faced, as well as get direct input from personnel on preferences and expectations regarding the exercise program. Based on the results of literature reviews, surveys, and interviews, researchers will develop physical training models that suit the specific needs and challenges faced by BRIMOB personnel. The model will include a structured workout plan with emphasis on aspects such as physical endurance, speed, agility, and strength.

## **Finding and Discussion**

Evaluation of the physical ability training model that has been developed was carried out to assess its effectiveness in improving the physical ability of personnel of the Mobile Brigade Corps (BRIMOB) of the Indonesian National Police. Results from the implementation of the exercise model showed significant improvements in various aspects of physical ability, including endurance, speed, dexterity, and strength. These improvements have a positive impact on the operational performance of BRIMOB personnel, enabling them to respond quickly and efficiently in situations of emergencies, riots, and other operational tasks. In addition, feedback from the personnel involved shows a high level of acceptance and satisfaction with this exercise program, confirming the relevance and suitability of the exercise model in meeting their specific needs. The findings of this study have important implications for institutional training policies and programs, as this evidence-based training model can be integrated into the overall organizational training framework to improve the overall readiness and effectiveness of BRIMOB personnel in carrying out their tasks. In addition, the potential to further refine and adapt training models based on feedback and future developments in operational needs provides exciting opportunities for future development and improvement.

In addition to the evaluation results and positive reception from BRIMOB personnel, the results of this study also make an important contribution in understanding the relationship between improved physical abilities and improved operational performance. This provides a strong scientific foundation to strengthen the argument for the importance of targeted physical training and focusing on the special needs of BRIMOB personnel. In addition, the resulting physical training model can also be a reference for other security units to develop training programs that are appropriate to the operational tasks at hand. In the increasingly complex context of law enforcement and security, the physical superiority of personnel becomes an important factor in carrying out challenging tasks. Therefore, the results of this study emphasize the importance of developing evidence-based and adaptive physical exercise programs to support the success of operational missions. Based on these findings, it is recommended that the Indonesian National Police organizational policy better integrate effective physical exercise as an integral part of BRIMOB personnel training and development.

In addition, it is also important to acknowledge that physical exercise is part of a broader strategy in improving the readiness and performance of BRIMOB personnel. The use of modern technology, including tactical simulations, virtual training, and performance data analysis, can be a valuable complement in efforts to improve the efficiency and effectiveness of physical exercise programs. The integration of this technology can help monitor the progress and development of individual physical abilities and provide useful information in tailoring exercise programs to the needs of each personnel. Furthermore, commitment support from the management and leadership levels is needed in supporting the implementation of this physical exercise program. The allocation of adequate resources, including qualified instructors, adequate training facilities, and access to modern training equipment, will ensure the sustainability and success of this physical training model.

Although this study showed positive results, challenges remain in implementing this physical exercise model thoroughly across all BRIMOB units. Different approaches may be required for different units or face different operational challenges. Therefore, an adaptive and context-oriented approach will be key in ensuring the effectiveness and relevance of this model of physical exercise.

In discussing the impact on operational performance, this study highlights the positive results of the implementation of the physical training model on improving the operational performance of Mobile Brigade Corps (BRIMOB) personnel. Refinement of physical capabilities, including endurance, speed, agility, and strength, has helped improve quick response and efficiency in the face of emergency situations, riots, and other operational tasks. This better level of readiness is able to support the success rate of operational missions, thus making a real contribution to BRIMOB's ability to carry out critical tasks. These results confirm that investment in operationally oriented physical training is key to ensuring BRIMOB personnel are ready to face various challenges in the field with an optimal level of performance.

Furthermore, the results of this study also show that improving operational performance is not only limited to physical aspects, but also has an impact on the psychological and mental aspects of BRIMOB personnel. Increased self-confidence, mental toughness, and better concentration levels, are some of the results observed after the application of this physical exercise model. This improved psychological condition helps improve accuracy and thoroughness in decision making in the midst of complex and demanding operational situations. Thus, this improvement in operational performance is not only beneficial for individuals, but also has a positive impact on the overall team and overall BRIMOB operations.

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In addition, the results of this study strengthen the argument that targeted and evidence-based physical exercise is a valuable long-term investment to improve the professionalism and ability of BRIMOB in providing public services and maintaining public safety. A better level of operational performance of BRIMOB personnel overall can also contribute to a positive reputation and trust from the public towards the police institution. In the face of security challenges and increasingly complex operational tasks, this effective physical training program provides a strong foundation to ensure BRIMOB personnel can be a strong and reliable frontline in carrying out critical missions for public security and order.

## **Conclusion**

This research resulted in an effective and evidence-based physical exercise model to improve the physical capabilities of the Indonesian National Police Mobile Brigade Corps (BRIMOB) personnel. The implementation of this training model has been shown to have a positive impact on various aspects of physical capabilities, including endurance, speed, agility, and strength, significantly improving the operational performance of BRIMOB personnel. In addition to physical improvement, this training model also impacts the psychological and mental aspects of personnel, including increased self-confidence, mental toughness, and better concentration levels. With the results obtained, this study provides important recommendations for policymakers and trainers in designing more targeted and relevant training programs according to the operational needs of BRIMOB personnel. The integration of this physical training model in institutional training policies and programs is expected to improve the overall readiness and effectiveness of BRIMOB personnel in facing various challenges in the field. However, the study had some limitations, including a relatively small sample size and a focus on physical aspects. Therefore, future research may involve research with a larger sample and involve other relevant factors such as cognitive and environmental. Overall, the results of this study provide strong evidence that investment in targeted and evidence-based physical training is an important step in improving the professionalism and operational performance of BRIMOB personnel. This model of physical exercise can be adapted and applied to other security units and has the potential to make a positive contribution in improving the security and order of society as a whole. It is hoped that this research can make a meaningful contribution to law enforcement and security efforts in Indonesia and encourage the safety and welfare of BRIMOB personnel in carrying out their duties better.

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