Bachelorthesis/Masterthesis

"Training under Stress: Knife Defense Skills in Police"

Investigator: Dr. Laura Voigt

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We are offering the above-mentioned topic for a bachelor/master thesis.

In high-performance settings, such as sports, police or emergency medicine, individuals face the challenge of making good decisions and acting appropriately even under stressful circumstances. Findings from various sports have shown that training under stress can improve performance in stressful situations. In an intervention study, we aim to test the effectiveness of training under stress in police recruits and experienced patrol officers. For this purpose, police officers learn techniques and principles to defend a knife attack in different exercises without (control group) or with stressors (experimental group). The effects of the training on officers' self-reported and physiological stress level and behaviors are tested in two simulated police scenarios (knife attack and passive resistance during domestic violence). Stress levels will be assessed through self-report and heart rate variability. Behavior will be quantified through video analyses.

Conditions:
- ✓ Interest in the research field, especially stress research
- ✓ Reliability
- ✓ Motivation

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