

EXPLORING THE LIVED EXPERIENCES OF VIP SECURITY PERSONNEL

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ABSTRACT

Very Important Person (VIP) security is the specific protection service offered to dignitaries like government officials, diplomats, business leaders, celebrities, and other high-profile individuals who can be threatened because of their status, position, influence, or wealth. This research investigates the lived experiences of VIP security personnel as they negotiate the demanding nature of protective work and the personal challenges created therein. Employing a qualitative phenomenological research design, the study selected participants working in VIP protection roles in one of the cities of Misamis Occidental, using purposive sampling for completeness and depth in information. Data were gathered through in-depth interviews guided by a custom interview guide developed by the researchers and approved by a panel to ensure clarity and relevance. The interview focused on participants' experiences in balancing professional duties and personal life, the psychological and emotional impact of their roles, and their coping strategies. To create a comfortable environment, interviews began with casual conversation to encourage openness, and participants were prompted to provide detailed responses regarding their challenges, coping mechanisms, and family dynamics. Data were analyzed using Moustakas' transcendental phenomenological approach. The analysis revealed themes including constant vigilance and professional pressure, emotional and psychological strain, family connection as emotional anchor, peer and organizational support, adaptive coping strategies, and commitment to duty and professional integrity. From the findings, it appears that despite the intense demands made upon them, VIP security personnel develop substantial resilience and coping mechanisms through family support, peer collaboration, and personal discipline. It is concluded that acknowledging their experiences and strengthening their support systems is a crucial ingredient in the maintenance of their well-being and professional effectiveness. It is recommended that VIP security agencies implement regular mental health support programs and counseling services to address emotional strain and stress management. Additionally, agencies should develop work-life balance policies, including flexible scheduling and family support initiatives, to enhance personnel well-being and job performance.

Keywords: *coping, resilience, risk, status, VIP security, vigilance,*

DEDICATION

*This research is humbly dedicated to Almighty God,
for His wisdom, strength, and guidance that sustained us
throughout the challenges of this academic journey.*

And

*To our parents and families,
whose sacrifices, prayers, and unconditional love
served as the foundation of our perseverance and success.*

And also

*To our friends and peers,
whose encouragement and companionship
reminded us that no journey is taken alone.*

Finally,

*To the brave men serving as VIP security personnel, who carry out their
responsibilities with professionalism, vigilance, and unwavering dedication.*

*To those who face daily challenges and high-stress situations to
ensure the safety of others,
your resilience and commitment inspired
the foundation of this study.*

The Researchers

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The Researchers

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INTRODUCTION

Background of the Study

VIP security is the specific protection service offered to Very Important Persons (VIPs) like government officials, diplomats, business leaders, celebrities, and other high profile individuals who can be threatened because of their status, position, influence, or wealth (He, 2025). VIP security entails close protection, threat identification, risk management, and the application of special skills to guarantee the safety of the client in public as well as in private arenas (Nemeth, 2022).

VIP security in the Philippines is largely subject to Republic Act No. 5487 or the "Private Security Agency Law", which regulates the operation and training of private security officers, including close-in protection agents (Horan, 2024), while government-provided VIP security is managed by units like the Philippine National Police (PNP) Police Security and Protection Group (PSPG) and the Presidential Security Group (PSG). Employment-wise, VIP security provides numerous chances both in the government sector and private security companies, with interest still on the increase as a result of growing issues pertaining to political instability, terrorism, organized crime, and individual security, rendering it a niche and highly sought career path within the realm of law enforcement and private security (Nemeth, 2022).

Training and skill acquisition form the backbone of the effectiveness of VIP security staff, since the dynamics of their job call for a diverse and solid skill base to enable handling of the distinct challenges inherent in protecting high-value individuals. Functional training schemes have to incorporate physical fitness, to enable security officers to act decisively and promptly in reacting to potential dangers (Angafor et al., 2020). Moreover,

these courses must focus on threat assessment techniques, allowing staff to recognize and assess threats in real-time, thereby averting possible incidents before they occur (Irfan, 2024). Crisis management training is also important, as it equips VIP security officers with the ability to manage crises calmly and strategically, ensuring the safety and comfort of their clients (Carr, 2024).

In addition, interpersonal communication skills are critical so that security personnel can interact properly with clients, staff at venues, and police officers while providing a respectful and discreet environment (Setiawan & Santoso, 2025). The continuous professional improvement of such skills is critical, as the changing nature of threats requires that security professionals keep up with new tactics and technology. This emphasis on overall training and ongoing skill development guarantees that VIP security officers are adequately prepared to provide a safe environment for those they guard, ultimately supporting the confidence that clients have in their ability (Deyas, 2022). The emotional and psychological effects of serving as VIP security staff are tremendous and diverse, derived from the extremely stressful nature of the work and the inherent pressures of maintaining client security (Clifton, 2023).

Security personnel frequently work in atmospheres of latent risk, and this can produce elevated levels of stress, anxiety, and a feeling of separation from their peers and families as a result of the necessity to be discreet about their work-related experiences (Mangaoil et al., 2023). The stresses of the job can lead to emotional exhaustion, especially when staff cannot debrief or unload their burdens on others, such as mental health workers, because of strict confidentiality practices (Evans et al., 2023). This alienation can hamper their participation in healthy coping strategies, thus having long-term impacts on mental

health, e.g., burnout or depression (Jiang et al., 2025). Also, the mental strain is aggravated by having to stay constantly on guard and fearing that errors can have severe implications for their clients. It is therefore crucial that VIP security staff training programs cover not just the physical and technical competencies required in the position but also mental wellness services and resilience training so that they are empowered with coping mechanisms for the psychological effects of their work. Identifying and resolving these emotional issues is essential to ensuring the overall well-being of security professionals and improving the quality of protection they offer (Malik et al., 2024).

Isolation and relationship dynamics are significant in the life of VIP security personnel, affecting their psychological well-being and professional performance (Ahimie et al., 2023). The work they do often requires them to be isolated from personal relationships since confidentiality and keeping a low profile may provide insulation against openness of communication with friends and relatives. This isolation can result in loneliness and disconnection, and it becomes challenging for security professionals to find emotional support or discuss the difficulties they encounter at work (Fernández, 2025). Moreover, the stress on personal relationships could be caused by the uncertainty of their work schedules, which can interfere with family life and reduce time spent with loved ones. Since such professionals place the safety of their clients over that of their own social interactions, the emotional detachment can result in misunderstandings and tensions in their personal lives as well (Novyk & Mazur, 2021).

The need to encourage healthy relationship patterns is necessary through open communication by security personnel regarding their experiences, building support networks that are accommodating of their peculiar needs, and creating a support culture

where they feel at ease seeking assistance in feeling isolated (Worsley et al., 2021). Through a resolution of these dynamics, employers can improve the overall well-being and performance of their security forces, ultimately helping to create a more stable and resilient working environment (Sorensen et al., 2021).

Ethics and responsibility are core elements within the debate about the work of VIP security staff, especially concerning how to preserve the trust and integrity on which successful protection depends (Sennewald & Baillie, 2020). The considerable risk involved in their work requires a robust ethical basis to shape decision-making and the exercise of discretion in possibly unclear circumstances (Latta et al., 2020). This ethical duty is especially salient when looking at the potential impact their conduct can have on the security of their clients and the general public. In addition, the mechanisms of accountability should guarantee that such professionals conform to set standards of behavior while offering channels for transparency in their operations. Enacting strong accountability systems can ease the risks from abuse of authority or negligence and cultivate a climate in which ethical thinking is most prominent (Akinsola, 2025). Regular training for security units that underlines ethical procedure and accountability sends strong messages on what is most valued, ensuring the professionalism of staff and upholding public trust in their capability (Mutuma, 2024). Finally, an ethical and accountability commitment guarantees that VIP security professionals are prepared to handle difficult situations with integrity, which makes them effective and secure the people they protect.

Personal accounts and case studies are critical vehicles in comprehending the lived realities of VIP security officers, whose detailed insight cannot be replicated by quantitative measures (Duvenage, 2021). By analyzing individual accounts and actual

situations, researchers can delve into the nitty-gritty and problems confronted by such professionals in their line of work, uncovering the psychological and emotional strain that high-stakes conditions place on them (Robinson, 2024). These stories shed light on how individual experiences inform officers' understanding of their ethical duties and accountability, as they struggle with the complex balance between client safety and civil liberties. Case studies enable close examination of particular incidents, setting the stage for discussion of best practices, implications of decisionmaking under pressure, and the imperative for ongoing improvement in training programs. In addition, personal accounts bring depth to academic discussion by infusing what otherwise could be abstract theory with a human element, promoting empathy and greater comprehension of the special stresses faced daily by VIP security professionals. Thus, both case studies and individual stories enrich the general body of knowledge in the discipline and can be used to inform policymaking, which in turn will result in improved practices that are consistent with ethical standards and accountability procedures (Bandola-Gill & Smith, 2022).

This study fills numerous essential research gaps, including a population gap, geographical gap, and conceptual gap. Although research in security and law enforcement has thoroughly examined typical police work and military operations, little scholarly examination has been directly placed on the special population of VIP security officers, particularly under the context of the Philippines exemplifying a population and geographical gap. Also, while current literature broaches the technical and tactical dimensions of security careers, it tends to ignore the conceptual richness relating to the emotional, psychological, ethical, and interpersonal experience of such professionals.

This research aims to address such gaps by presenting detailed, qualitative descriptions of the lived experiences of VIP security officers, specifically in local contexts, thus adding a more holistic and humanized perspective to security studies and criminology. The objective of this study is to investigate and gain insights into the lived experiences of VIP security officers, with emphasis on the emotional, psychological, social, and ethical aspects of their job. Through their personal stories and actual accounts, the study seeks to reveal the stress, loneliness, professional pressures, and intricacies of holding ethical behavior under pressure, which they encounter. It also aims to illuminate the ways in which these experiences affect their performance, well-being, and relationships on both a personal and professional level. In exploring this, the study hopes to offer useful insights that can shape training programs, support systems, and policymaking, and ultimately improve VIP security practices as well as the wellbeing of those employed in this high-risk and high-responsibility profession.

Theoretical Framework

This study was anchored on Job Demands-Resources (JD-R) Theory by Demerouti et al. (2001) and Role Theory by Kahn et al. (1964).

The Job Demands-Resources (JD-R) Theory formulated by Demerouti et al., 2001 is a handy conceptual tool to apply to the experiences of VIP security staff. The JDR theory focuses on the fact that all occupations carry specific job demands, e.g., workload, emotional demands, and role pressure, alongside job resources like social support, training, and coping (Bakker et al., 2021). When job demands are high but there are not enough resources, employees tend to feel strained, stressed, or burned out. However, when

there are proper resources, these can act as buffer factors that boost motivation, resilience, and performance even with the high demands of the job (Demerouti et al., 2023).

In VIP security operations, this theory comes particularly close to reality because staff members are subjected to extended working hours, round-the-clock observation, and the pressure of protecting high-value clients, all of which are considerable job requirements (Ngo, 2025). Absent adequate support systems like organizational help, professional advice, or vocational training, these requirements can affect psychological health as well as occupational performance (Jain et al., 2021).

However, resources such as teamwork, mentorship, resilience training, and organizational trust can help balance these demands and sustain their motivation and effectiveness (Reinhold, 2024). This perspective aligns with Bakker and Demerouti's (2007) application of JD-R in the study of occupational stress and engagement, where they demonstrated that sufficient resources can neutralize the negative effects of demanding job conditions (Yekini, 2022).

Several studies have utilized the JD-R Theory to examine similar high-stress professions (Li et al., 2023). For example, Bakker, Demerouti & Sanz-Vergel (2023) a major JD-R update synthesizing the last decade: job resources (e.g., autonomy, supervisor/peer support, learning opportunities) reliably fuel work engagement and buffer the health-impairing effects of high demands on burnout (Shin & Hur, 2021).

Ming Huo (2025) found workload stress acted as a central pathway to emotional exhaustion, while job satisfaction strongly connected with reduced depersonalization a sign of lower overall burnout (Adamopoulos & Syrou, 2022). Eikenhout, Delahaij, Van Dam et al. (2022) investigated how coping self-efficacy buffers against chronic stressors like poor

scheduling and high workload. These results directly support the use of the JD-R model with VIP security staff whose duties closely resemble those of other high-risk and high-pressure jobs (Schoeman, 2020).

Role Theory formulated by Kahn et al., 1964 describes how people feel stress, conflict, and strain when they are called upon to perform several different roles with incompatible expectations. At work, role ambiguity (confused expectations), role conflict (incompatible demands), and role overload (too many responsibilities) are frequent causes of stress (Rafiq et al., 2021). To VIP security personnel, the use of this theory is particularly pertinent as they juxtapose formal professional responsibilities like client protection, confidentiality, and ethical choice against personal commitments with families, love lives, and social activities (Den Outer, 2023). When these cross, people might feel psychological tension, social isolation, or compromised well-being (Zisdo et al., 2022).

Within the VIP security context, role conflict often emerges when long and unpredictable work schedules interfere with family time or social obligations, creating tension between professional and personal roles (Mokae, 2023). Similarly, role ambiguity can arise when job expectations are unclear, such as balancing protective duties with maintaining discretion in different environments. These challenges often lead to stress, fatigue, and strained relationships, which can negatively impact job performance (Jamil et al., 2023). Abdullah Zübeyr Akman et al. (2025) Role overload increased work-family conflict, which in turn lowered job satisfaction and elevated turnover intention. In the case of VIP security officers, this underscores the need for good role definitions and organizational backing to reduce role stress (Al Nahyan et al., 2024). Mohamad Rizal et al., (2025) role conflict and role ambiguity both had significant direct effects on turnover

intention, and indirect effects mediated by work stress (Alblihed & Alzghaibi,2022). Organizational commitment emerged as a potential buffer. Prisco Lim et al., (2025) both in the form of work interfering with family (WIF) and family interfering with work (FIW) significantly reduced work engagement. Notably, WIF was a stronger negative predictor. Adeola Samuel Adebuseyi (2023) while framing this through Personal Resource Allocation theory, the study indicates that work-role overload increases work–life conflict, which harms subjective well-being and career growth.. The findings justify the application of role theory to VIP security officers, who typically find themselves managing multiple, conflicting expectations that influence their emotional tolerance, interpersonal connections, and workplace effectiveness (Anglin et al.,2022).

Conceptual Framework

This part of the study presented the concepts based on the themes that emerged from the responses of the participants after the interview was conducted. Thus, this part was done after data-gathering process.

Managing Unpredictable Risks in Dynamic Public & Travel Environments. The mitigation of uncertain risks in ever-changing public and travel environments is an intrinsic conceptual issue in the provision of VIP security (Tariq, 2024). These environments entail fluctuating factors and elements that may include crowd density and levels of unknown individuals (El-Didy et al., 2024). In conceptual terms, risk for the concerned party in the ever-changing environments is fluid rather than static. The mitigation of risk in the environments, therefore, entails the skill to foretell threats while being able to adjust quickly to changes. In regard to the present study, unpredictable risk in a dynamic public and travel environment means the methods and actions taken by VIP bodyguards to foresee,

identify, and react to risks and threats in time while participating in public and traveling activities.

A dynamic public setting with travel environments exposes VIP security personnel to risks that may manifest at any given time without warning (Agarwal et al., 2021). The factor of having a large group of people, open space, and various entry points makes it difficult to identify and control risks. From a conceptual viewpoint, unpredictability makes it all the more pressing to make anticipatory observations. It is paramount to identify public conduct from potential danger signs (Glette-Iversen & Flage, 2024).

Mobility is one of the defining features of security operations connected with travel, and it makes a great contribution to the unpredictability of risks (Chu et al., 2024). The very process of movement across different locations introduces variations in the level of terrain, infrastructure, and local security conditions. Every transition point, conceptually, becomes one more potential weak spot where threats may pop up. Risks include the need for adaptability and rapid adjustment to new environments (Kobrin, 2022). This demonstrates the importance of flexible security strategies that are able to work across diverse environments.

Such a notion of risk management entailed a balance between watchfulness and operational efficiency (Girling, 2022). Too much control would invite attention and disrupt movement, while too little monitoring would expose a weak link in movement. Theoretically, the relation between visibility and discretion strikes the right balance in managing risks. Security personnel also have to make on-ground judgments that would keep safety paramount without heightening tension (Vuylsteke, 2021). This delicate

balance reflects the informed decision-making processes inherent in the protection of VIPs while deployed within dynamic public and travel environments.

Role of Advance Planning, Coordination, and Response. Advance planning is one of the most important conceptual pillars of an efficient VIP operation. It entails forecasting threats, points of vulnerability, and preparing for the event prior to conducting an operation (Armstrong, 2025). With advance planning, security personnel can clearly define operational aims, routes, and alternative plans for an operation (Deatherage ,2021).. Conceptually, advance planning eliminates uncertainties by converting an uncertain event into an operable situation. In the current study, advance planning, coordination, and rapid response describe the strategies involved in preparing and quickly acting to counter threats that may arise when providing security to or involving the security personnel of VIPs.

Coordination is also important since VIP security is not often a one-man show but a collective operation (Albrecht & Edu-Afful, 2024). Occasionally, the importance of coordination cannot be overstated since, theoretically, it is a process that brings about unity of action, which in most cases prevents confusion in a complex operation. Coordination facilitates the smooth flow of information among participants and other units that may be in support (Bolton et al., 2021).

Rapid response is the action component that mediates the transition from the planning process (Schakel & Wolbers, 2021). Although there is adequate preparation, unexpected events can also occur, which demand instant action. In theory, the rapid response corresponds to the ability to move from plans to action in a matter of seconds (Sellnow & Seeger, 2021). Rapid response is supported by training, the concept of clear

command, and the ability to process information in an instant. The weakness can be turned into strength.

A strong security architecture combines advance security planning, coordination, and rapid action (Shahjee & Ware, 2022). At an abstract level, it should be realized that advance security planning, security coordination, and rapid action relate to each other in an interdependent manner. They do not relate to one another in an independent manner. Based on their interaction, they improve adaptability in a dangerous environment. They play a critical role in ensuring security in VIP security-related operations (Radebe, 2025).

Psychological and Emotional Strain from Constant Stress and Responsibility. The level of psychological and emotional stress being imposed on VIP security personnel can never be underestimated. The reason is that their job entails highly pressurized activities. The pressure includes always being under observation, being responsible for the safety of another human being, and being faced with unpredictable threats (Kumar & Jeet, 2024). Theoretical consideration would indicate that being subjected to stress for an extended period may result in mental fatigue, anxiety, and poor decision-making. Emotional stress may also hamper one's attention and judgment, which is fundamental when it comes to having safety while undergoing risky activities (Slavich et al., 2023). For this research, psychological and emotional strain caused by continuous stress and responsibility means the mental and emotional tension experienced by personnel working in VIP security due to high-stakes duties, prolonged vigilance, or accountability for the safety of others.

A high level of responsibility increases the mental strain for individuals providing VIP protection. Knowing the gravity of a mistake leading to severe repercussions adds to the stress and mental tension (Mokae, 2023). From a conceptual perspective, mental strain

caused by responsibility is associated with performance anxiety, leading to a high level of alertness, which can cause mental fatigue (Wu et al., 2024). Moreover, it might cause difficulty in sleeping, irritability, and overall feelings of mental exhaustion.

The collective impact of stress and accountability has long-term consequences. Being subjected to stressful surroundings on a continuous basis may cause adverse effects such as burnout, loss of resilience, or problems with relationships (Yu et al., 2022). From a conceptual perspective, it tends to relate to job requirements mental/psychological health. Stress management techniques such as scenario training/mental conditioning play an imperative role in countering such phenomena. Emotional strain should receive particular attention to ensure that personnel continue to function properly in their protective role (Stelnicki et al., 2021).

Support systems and organizational interventions are critical in cushioning against psychological and emotional distress (Ellis & Korman, 2022). Mental health support, peer support groups, and wellness activities are important in enabling personnel to cope with the debilitating effects of stress. Theoretically, the initiative is a buffer that diminishes the challenging effects of chronic stress on performance and psychological well-being. Integrating support into operation planning improves resilience and readiness in a high-stress environment. The mental well-being and physical security of VIP security personnel is central in maintaining the effectiveness of the security agents (Fathima et al., 2024).

Work-Life Imbalance and Personal Sacrifices. Work-life imbalance is common among the security staff of the VIP due to the dynamic and stressful nature of the job. Long work hrs, unscheduled working, and the level of responsibility sometimes result in little or no time to enjoy family or personal lives (Brumley et al., 2021). From the conceptual

framework, work-life imbalance may pose stress to the individual emotionally, cause the individual to lack social connections, and make it difficult to form or retain proper relationships (Marques & Berry, 2021). Personal sacrifices might result from work-life imbalance. Work-life imbalance and sacrifices in the context of the given study denote the personal, social, and emotional repercussions that VIP security personnel face in connection with the consequences entailed by their prolonged working hours, unusual schedules, and their high levels of responsibility.

The demands in VIP protection require a high degree of alertness, which directly influences their personal life (Kumar et al., 2024). Often, their official responsibilities take precedence over their own needs, leading to burn-out and stress for them. From a theoretical perspective, such imbalance between their work and their life might result in a decrease in their overall life satisfaction, affecting their mental status. Personal time sacrifice is considered a professional requirement, but it influences their mental status directly (Houlfort et al., 2022).

Work-life imbalance has the potential to have dominos fall effect when it comes to issues concerning the psychological, social aspects, and physical health (Jordan Nelson & Robison, 2025). Work-related stress owing to long and erratic work hours may cause strain, anxiety, and lack of resilience. From the conceptual perspective, the role sacrifices involve the strain between work requirements and work-related enjoyment. Work-related issues are resolved through careful interventions. Work-related effectiveness is achieved through ensuring work-related well-being among the personal aspects (Niinihuhta et al., 2022).

Organizational support and coping mechanisms play a critical role in helping in work-life balance. By providing services like counseling, flexible working hours, and

wellness activities, it is possible to alleviate work-related tension and boost personnel satisfaction (Prasanth et al., 2024). Theoretical underpinnings would express these initiatives as intervention tools that promote the integration of work and personal lives while also providing a means of improved efficiency (Rachmad, 2022).. By adopting strategies that promote personnel to take care of themselves, it is possible to avoid burnout.

Individual Coping Strategies and Stress Management Techniques. Personal coping responses and stress management strategies play an imperative role in VIP security matters, given that the job is high-stress (Schoeman, 2024).. Conceptually, personal coping strategies help the individual control emotions and remain cognitively functional in a high-stress environment. Coping responses generally encompass physiological, mental, or behavioral techniques that help individuals remain alert. Personal coping responses are greatly valued in VIP security matters, given that they help ensure that security personnel remain functional during emergencies without undermining their own welfare. Individual coping responses are also applicable in VIP security matters, given that they help minimize mental strain (Anderson et al., 2022). Individual Coping Strategies and Stress Management Techniques in this case entail the deliberate physical, mental, and behavioral practices undertaken by VIP security personnel in their effort to manage stress as well as maintain alertness and stability of mind for effective functioning.

Physical fitness and adherence to regular routines are key elements of stress control for VIP security personnel (Mokae, 2023). Theoretically speaking, physical activity, adequate sleep, and healthy eating can logically increase physical fitness as well as boost mental toughness. A well-controlled lifestyle helps these personnel stay ready for sustained and unexpected missions too. In practice, the key is that following these routines can help

the personnel in extended activities and avoid the problem of fatigue as well (Dawson et al., 2021).

Mindfulness, focused concentration, and visualization are some of the mental techniques that complement the physical strategy in coping with stress (Lillo-Navarro et al., 2024). Conceptually, such techniques enable security personnel to handle anxiety, be situationally aware, and avoid panic while undertaking a critical operation. Professional training and rehearsal of the mind build confidence and establish the ability to decide quickly. Such techniques also help in processing complex information quickly while remaining composed under pressure (Lynch et al., 2021). The integration of such mental strategies along with physical preparedness creates a holistic approach toward managing stress for VIP security operations.

Individual coping strategies are most effective when the individual is supported by the organization through resources and training programs (Bandura, 2023). Conceptually, structured wellness programs reinforce personal techniques of coping, as do scenario-based drills and access to guidance or counseling. These types of programs give personnel methods to use in coping strategies and the opportunity to exercise them in controlled conditions. Through these cases, one can see that a mix between personal techniques and support provided by the institution will keep personnel resilient and psychically stable. Overall, putting effective coping strategies and stress management techniques into practice maintains operational performances, emotional security, and preparedness against high-risk situations (Koval & Pidluzhna, 2025).

Reliance on Social and Organizational Support Systems. In this context, reliance upon social and organizational support systems is essential for the VIP protection personnel

to handle the psychological and operational demands of the work. These support structures include family, peers, mentors, and organizational resources providing emotional, practical, and professional guidance (Yang et al., 2022). Conceptually, strong support systems buffer negative effects of stress, prevent burnout, and enhance resilience in high-pressure environments. Having access to reliable networks allows the personnel to share experiences, gain advice, and receive reassurance in times of adversity. Clearly, knowledge about such support systems underlines their role in sustaining mental fitness and operational effectiveness (Machaczek et al., 2022). In this research, use of social and organizational support systems can be defined as the use of personal and professional networks by the VIP security personnel in order to obtain emotional and professional assistance for them to perform their duties effectively in high risk and high stress environments.

Family support is one of the influential means of maintaining emotional stability among security personnel. Personal relations provide a safe place for the expression of concern, stress release, and emotional replenishment after very busy working periods (Maslach & Leiter, 2022). Conceptually, the involvement of family serves as a protective factor against emotional exhaustion and enhances life satisfaction. Furthermore, the emotional support of loved ones strengthens the individual's ability to stay focused and composed during highly demanding tasks (Romano et al., 2021). The realization of this relationship points out the importance of developing close personal relations outside the job context.

Peer and organizational support offer tangible and expert advice that improves performance under high-risk environments (Fallon et al., 2023). Teamwork, mentoring, or

collectivism between colleagues enable personnel to work on solving problems or finding ways to cope. From a theoretical angle, these systems boost confidence levels, decision-making capacities, and reduce the impact of operational stresses. Such organizational designs that enhance communication, wellness initiatives, and resources help expand these systems. By incorporating social and organizational support, there is an encompassing web that sustains personnel on multiple levels (Jolly et al., 2021).

The importance of using social and organizational support systems can never be generalized exclusively for either resilience or job satisfaction alone (Wang et al., 2022). Social and organizational support systems help a great deal in terms of better coping skills and reduced emotional stress, including effective functioning at their post by each of the personnel. From a theoretical point of view, effective social and organizational support systems help in terms of stability and continuity of critical security activities (Hassandoust & Johnston, 2023). This helps a great deal in terms of social and organizational support for the welfare of VIP security guards.

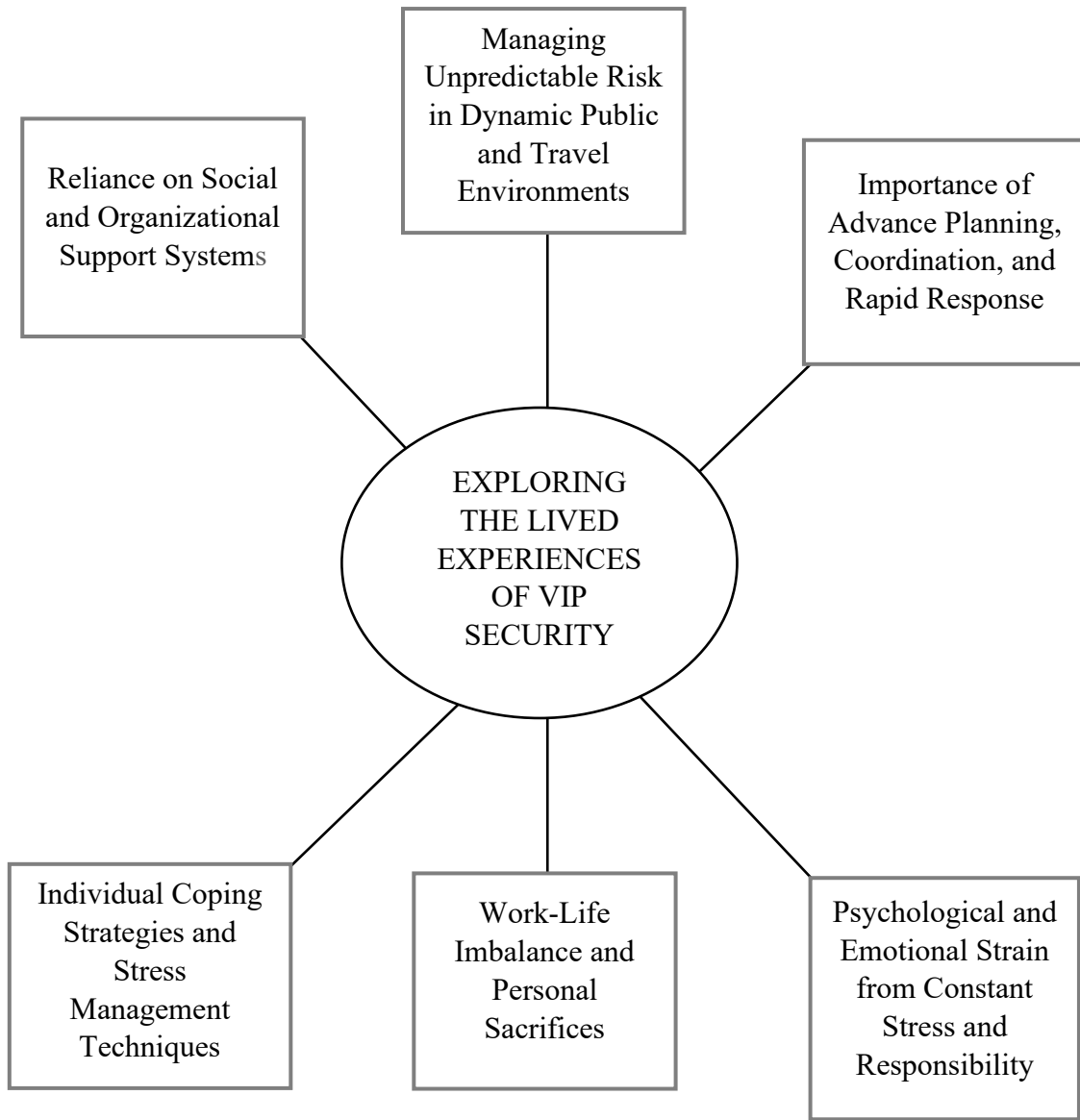


Figure 1: Schematic Diagram of the study

Objectives of the Study

This study aimed to explore the lived experiences of VIP security personnel, focusing on the emotional, psychological, and professional challenges they encounter in the line of duty.

Specifically, the study sought to answer the following research questions:

1. Explore the experiences in protecting high-profile individuals.
2. Examine the challenges encountered by VIP security personnel as a result of their high-stress and high-risk responsibilities.
3. Investigate how VIP security personnel cope with the demands of their work, including isolation, long working hours, and the need for constant vigilance.

Significance of the Study

This study is important because it provided insight into the meaningful lived experiences of VIP security personnel—a group whose emotional, psychological, and professional realities are often relegated to a peripheral position within the landscape of criminology research. Investigating their challenges relative to constant vigilance, stress, ethical responsibilities, and the impact of their work on family and relationships, the study points to aspects of the human dimension of protective services that usually remain obscured by operational duties. These findings might further inform the creation of more comprehensive training programs, mental health interventions, and organizational support systems by private security agencies, law enforcement institutions, and policymakers sensitive to the particular demands imposed by VIP protection work. The study added value to existing academic literature by addressing population, geographical, and conceptual gaps in a way that would lead to an advanced understanding of the resilience, coping mechanisms, and professional commitment of VIP security personnel. Essentially, this research contributes to improving the welfare, effectiveness, and ethical practices of those entrusted with the safety of high-profile clients in high-risk settings.

RESEARCH METHODOLOGY

Design

This research employed a qualitative phenomenological research design since it is best suited to investigating and learning about the lived experiences of VIP security officers. Phenomenology is concerned with bringing out individuals' subjective accounts and meanings attributed to their experiences (Moustakas, 1994), which resonates with the study's interest in looking into the emotional, psychological, and social realities of working within dangerous and pressured environments. Through the use of this design, the study can move beyond descriptions of security work on the surface and instead identify how VIP security officers individually experience and manage the pressures of their work. This methodology is appropriate as it offers a richer sense of the difficulties these professionals experience stress, loneliness, and their effect on relationships along with an articulation of their own understanding, which is usually ignored in technical or procedural analyses of security work.

Setting

This study was conducted in Misamis Occidental. The province strategic location ensures ease of access for participants, making it an ideal site for the research. Participants were selected from this area, providing a diverse representation of backgrounds and experiences relevant to the study. This geographic choice also allows for the inclusion of VIP security personnel who operate within varying professional contexts, offering valuable insights into the emotional, psychological, and operational aspects of their work.

Participants

The study involved six (6) VIP security personnel from various agencies in Misamis Occidental as research participants. Participants were selected using a purposive sampling method, which is appropriate for gathering detailed insights from individuals with direct experience in the subject matter. The selection criteria included: 1) VIP security personnel currently active in their roles; 2) A diverse mix of both male and female officers; 3) At least 2 years of experience as VIP security personnel; and 4) Officers who are willing to participate.

Instruments

In this study, an interview guide was used to gather data from the VIP security personnel participants. The researchers developed a custom set of interview questions, which reviewed and approved by the panel to ensure they are clear, relevant, and aligned with the study's objectives. The interview focused on the lived experiences of the officers, particularly the challenges they face in balancing their professional duties with personal and family life, as well as the psychological and emotional impact of their roles.

To foster a comfortable and open environment, the interview began with casual, introductory conversation. This initial interaction helped participants feel more at ease and encourage them to engage openly in discussions about their experiences. Participants was encouraged to provide detailed, descriptive answers, offering insights into their personal challenges, coping mechanisms, and the impact of their work on family dynamics and relationships. The interview guide was structured to cover various dimensions of work-life balance, including emotional stress, time management, and how the demands of security work affect personal relationships and family life.

Data Gathering Procedure

To ensure the study's proper conduct, the researchers first sought approval from the Dean of College of Criminology in Misamis Occidental, specifically from the agencies employing VIP security personnel. Once permission is granted, the researchers will obtain informed consent from the participants, who are actively working in the field. The study was focused on exploring the challenges these professionals face in balancing the demands of their work with their personal and family lives, as well as the coping mechanisms they use to manage the emotional and psychological stress associated with their roles.

Data collection involved conducting in-depth interviews with the participants, where the researchers explored specific issues such as emotional stress, personal sacrifices, and the impact of the job on their well-being and relationships. The researchers emphasized the importance of the participants' active involvement and cooperation, ensuring that their insights are crucial to the success of the study. Participants were fully informed about the study's objectives, confidentiality measures, and the voluntary nature of their participation, ensuring that they feel comfortable and respected throughout the research process.

Ethical Consideration

In conducting this qualitative research, the researchers were strictly adhered to ethical guidelines set by the university and relevant ethical protocols. The study ensured that all participants voluntarily agree to take part, with their involvement based on fully informed consent. Prior to any interviews, participants were provided with an informed consent form that clearly outlines the purpose of the study, the nature of their participation, and the voluntary aspect of their involvement. The signed consent form was confirmed that participation is entirely voluntary, and refusal to participate will not result in any penalties.

or loss of benefits. Furthermore, signing the consent form will not waive any legal rights or claims.

To protect participants' privacy and confidentiality, the researchers implemented measures to maintain anonymity. Participants' names were not revealed during the interviews or in any reports related to the study. Instead, they will be addressed by neutral terms like "Ma'am" or "Sir" to ensure further protection of their identities. All data presented in the study was excluded any personal identifiers, safeguarding participant confidentiality throughout the research process.

The researchers also complied with Republic Act No. 10173, the "Data Privacy Act of 2012," ensuring the protection of participants' personal data and privacy. Any information that is unnecessary for the study was securely stored and kept confidential.

The research process was conducted with a strong focus on the welfare of participants, guaranteeing that their personal information is handled securely and respectfully.

Additionally, the consent form was clear and transparent, free from misleading language, to ensure that participants fully understand their role and the significance of their contribution to the study.

Data Analysis

For data analysis, this study employed the phenomenological reduction technique, as outlined by Moustakas (1994). The analysis focused on the lived experiences of the VIP security personnel participants, particularly regarding the challenges they face in balancing their professional duties with their personal and family lives. Data was collected from interview transcripts and analyzed using Moustakas' phenomenological approach. The

steps of phenomenological reduction that would guide the data analysis are as follows: (1) Bracketing, (2) Horizontalization, (3) Clustering into Themes, (4) Textural Description, (5) Structural Description, and (6) Textural-Structural Synthesis.

Bracketing: The first step involves bracketing, where the researchers were consciously set aside any preconceived notions, biases, or personal experiences. This ensures the data is approached with an open mind, allowing for a deeper understanding of the participants' lived experiences without imposing external interpretations. Bracketing minimizes biases during topic selection, interview design, data collection, interpretation, and reporting.

Horizontalization: Next, horizontalization was applied to identify all relevant verbatim statements from the interview transcripts. Irrelevant, redundant, or extraneous statements will be excluded. The focus remained on those statements directly related to the phenomenon under study VIP security personnel's experiences in balancing their professional and personal lives ensuring the analysis stays focused and pertinent.

Clustering into Themes: After horizontalization, the identified statements was clustered into themes. This involves reducing the data to its essential elements by identifying core themes and patterns that emerge across the participants. To ensure these themes' validity, they will be cross-checked with other data sources such as field notes, observations, and relevant literature, enhancing the richness and accuracy of the findings.

Textural Description: The textural description, or "what occurred," involves detailing the participants' perceptions of the phenomenon. This step provides an account of the lived experiences of VIP security personnel, describing specific events and situations they encounter while managing work-life balance. Verbatim excerpts from the interviews

was used to construct these descriptions, alongside a narrative derived from the identified themes.

Structural Description: The structural description, or "how it occurred," involves integrating the researchers' imaginative variation. This allows the researchers to step outside their own perspectives and mentally experiment with different viewpoints to understand the underlying structures that shape participants' experiences. It explores how the participants make sense of their work-life challenges and the factors that influence their perceptions and responses.

Textural-Structural Synthesis: The final step, textural-structural synthesis, combines both the textural and structural descriptions to develop a composite understanding of the participants' experiences. This synthesis highlighted both "what" the participants experienced and "how" they experienced it, identifying common themes and patterns across the group. The final narrative reflected the collective experiences of the participants, written in the third person, to provide a comprehensive representation of the challenges faced by VIP security personnel in balancing their professional and personal lives.

RESULTS AND DISCUSSION

The research consists of a group of male VIP security personnel who had been in service for three to ten years, allowing them to gain extensive hands-on experience in handling high-risk situations, ensuring client protection, and carrying out established security protocols. Their shared background provides a strong foundation for examining how long-term exposure to high-pressure environments, constant vigilance, and potential threats has shaped their coping strategies, professional behavior, and overall resilience in the field of VIP protection. This study, *Exploring the Lived Experiences of VIP Security Personnel in Protecting High-Profile Individuals*, was conducted in Misamis Occidental, Philippines. It utilized a phenomenological research design to systematically examine and understand the lived experiences of VIP security personnel tasked with safeguarding high-profile individuals in high-pressure and unpredictable environments.

The participants consisted of six (6) VIP security professionals, selected through purposive sampling, which was appropriate for identifying individuals with direct and relevant experience in the phenomenon under investigation. The analysis yielded six major themes: (1) Managing Unpredictable Risk in Dynamic Public and Travel Environments, (2) Importance Advance Planning, Coordination, and Rapid Response, (3) Psychological and Emotional Strain from Constant Stress and Responsibility, (4) Work- Life Imbalance and Personal Sacrifices, (5) Individual Coping Strategies and Stress Management Techniques, and (6) Reliance and Organizational Support Systems. The study sought to explore the lived experiences of VIP security personnel, revealed that constant vigilance and professional responsibility serve as central aspects of their role. Participants consistently highlighted the high level of alertness, strategic planning, and rapid decision-

making required to ensure client safety. These responsibilities significantly influenced their daily routines, emotional well-being, and personal lives.

Managing Unpredictable Risks in Dynamic Public and Travel Environments

VIP protection agents are confronted with unpredictability in public gatherings and travel, and they must make fast decisions to avoid potential danger (Drury, 2023). This ability to make effective decisions helps to keep protected individuals safe in dynamic environments. Unpredictable risk factors in a dynamically changing public or travel environment are a major consideration in the security of VIP clients, primarily because the factors involved are constantly shifting, such as crowd patterns, open spaces, traffic patterns, or unpredictable movements. These are fluid security environments where protectors have to be extremely alert and responsive, using their skills to make instantaneous, informed decisions to avert possible danger (Armstrong, 2025). Indeed, unpredictability stemming from the presence of crowds, together with constant movements from point to point, means that the possibility of unforeseen risk factors is more pronounced, so there is a clear need for a proactive, responsive, and adaptive approach to the security of VIP clients (Finn, 2023).

The experience of VIP Security 1 underlines the need for instant coordination in dealing with unexpected security violations, thereby underlining the need for instant decision-making to counter potential threats. VIP Security 2 underlines the need to be flexible while dealing with sudden changes that might take place in public gatherings, thereby implying that protection requires instant changes in plans and formations. VIP Security 3 underlines the need for preparation, such as route inspection before traveling, to counter potential threats that might take place. The need for preventive planning to ensure

safety and efficiency is thereby emphasized. These are evident in the responses of the VIP Security Personnel during the conduct of interview:

"There was an event. Despite thorough planning, an unexpected ground source occurred, creating a potential security breach. Reacting quickly, I coordinated with local authorities to reroute the crowd and reinforce the security perimeter." VS 1

"There was one event where our VIP made an unscheduled stop at a crowded public place. The sudden change caught us off guard, and we had to quickly adjust our formation." VS 2

"During a provincial trip, our vehicle almost got into an accident because the route wasn't checked in advance. Thankfully, no one was hurt, but it made me realize how vital advance planning and route inspection are to ensure safety and efficiency in every operation." VS 3

In order to control unpredictable risks in rapidly changing public and travel settings, a vigilant, pro-active, and speedy response approach is a necessity for security personnel (Bader et al., 2020). They have to face various scenarios, which include overcrowded public areas, unscheduled movements, and travel-related risks, which could result in a compromise of safety if immediate attention is not given. Research and analysis on the topic of crowd and event security illustrate that awareness and pre-route scanning and preparation are crucial for securing a risk-free and safe passage from events where breaches, accidents, or widespread surges in the crowds might take place. In this regard, evidence from various pieces of research has shown how pre-active strategies, such as simulation drills, have contributed to improved operational efficiency in environments with rapidly changing settings (Javaid et al., 2024).

Related research into security management for the public and travel environments pulls into sharp focus the importance of situational awareness and adaptability and proactive risk planning in dynamic environments, like the kind faced by security personnel for the protection of VIPs (Carr, 2024). In the realm of event and crowd security, the nature

of spontaneous gathering and nomadic event security represents some of the greatest threats, since security planning for these kinds of events might prove ineffective using traditional and rigid security planning against crowds and unforeseen circumstances in real time, and through dynamic risk accommodation and planning, security personnel can stay ahead and prepare for the risks presented by crowd gatherings and dynamic, unforeseen changes in travel routes and plans (Kanaujiya & Tiwari, 2022). Through related research into security planning, the importance of situational awareness for security personnel to perceive, understand, and project possible risks has emerged, and for decision making in unforeseen circumstances like crowd gathering and unforeseen changes in travel plans and security routing and evacuation planning in critical security operations for the safety of VIPs and associated travel security planning.

The consequences of being faced with unpredictable risks in public and travel environments are quite important in terms of the efficacy and well-being of VIP security personnel. This is because being subjected to unpredictable risks and challenges associated with travel conditions, for instance, can make the work of VIP protection personnel stressful and emotionally taxing. In light of these considerations, there is a great need for organizations to invest in comprehensive and effective threat prevention and management strategies. In particular, organizations should invest in adequate training for VIP protection personnel with a focus on preparing them for any possibility through scenario-based drills and preparation for any eventuality. Moreover, organizations should invest in teamwork and support networks for VIP protection personnel to help them cope with the associated stresses. This will be crucial in ensuring the efficacy of VIP protection. From a theoretical point of view, the Situational Awareness Theory (Endsley, 1995) supports the above

findings in the sense that the effective management of the threat is contingent upon the ability of the individual to perceive the environment around him or her and perceive the meanings of the different factors in the environment in terms of predicting the potential environments in the future that can be experienced by an individual in the dynamic environment.

Importance of Advance Planning, Coordination, and Rapid Response

In VIP security, advance planning, cooperation, and quick action are critical to provide for any possible risks that might arise to protect high-risk individuals (Manafe, 2023). This allows for quick action on the part of security agents to effectively deal with any unforeseen situation that may arise. The relevance of advance planning, coordination, and rapid response to the security of VIPs can be appreciated from the perspective that collectively, they help to prevent and respond to threats before they turn into critical or disaster situations. Advance planning helps the security team to anticipate threats and devise strategies to counter them (Judijanto et al., 2023). Coordination between the security team and other stakeholders is essential to achieve common goals. Rapid response is important to enable the security team to react quickly to unexpected situations. In fact, all the factors combine to make a comprehensive security framework that helps to improve the effectiveness and security of high-profile individuals (Liu et al., 2024).

VIP Security 1 points out the crucial role of immediate coordination with the authorities in handling sudden security threats, underlining how timely precautions might avoid such incidents. VIP Security 2 complements this with the need to have contingency plans and be constantly alert, proving that readiness in case of sudden movements is the lever to successful protection. VIP Security 5 states the importance of proactive planning

and continued awareness of the situation, showing that anti-guiding risks and thinking one step ahead improves overall effectiveness and the ability to protect high-profile targets. These are evident in the responses of the VIP Security Personnel during the conduct of interview:

"Reacting quickly, I coordinated with local authorities to reroute the crowd and reinforce the security perimeter." VS 1

"That experience taught me the importance of always having a backup plan and staying alert for unexpected movements." VS 2

"Because of what I've experienced, I now put more emphasis on planning ahead and maintaining situational awareness at all times. I've learned to think two steps ahead, which helps me protect the VIP more efficiently." VS 5

The aspect of advance planning, coordination, and response and readiness underlines the importance of being prepared in VIP security work (Dahlan & 2023). Preparedness and readiness in VIP protection involve proactive monitoring of potential danger, being situationally aware, and having an effective communication framework for instant response during surprise situations (Hesterman & Carhart, 2020). Research in security management reveals that being contingency-oriented, working in harmony with the rest of the security team and the local administration, and having proactive risk analysis all contribute to lowering the chances of a breach or an accident. VIP security workers recognize that scenario simulations, physical observation of routes, and constant monitoring are best practices that increase the efficiency of the process and enable fast response and readiness during surprise situations.

It has been evident from research that advance planning, coordination, and response play the very basic yet crucial roles for the successful execution of security operations and this is more critical in situations where VIPs are involved, masses are present, or the event

site keeps changing from time to time (Hall et al., 2022). Best practices for security planning and operations include the fact that advance planning prior to an event, including threat and risk assessment, route assessment, development of contingency planning strategies, and coordination with key concerned stakeholders, plays a critical and essential role in assessing risks and formulating adequate security planning for the purpose of mitigating the same prior to the onset of the security operation itself. Furthermore, advance security planning and coordination not only result in better assessment of security risks but also play an essential role in ensuring quick response action during an emergency or critical security situation since security response action plans and procedures are clearly defined and prepared in advance for the security team to act promptly and instantaneously during such critical scenarios and operations (Radvanovsky & McDougall, 2023).

The relevance and importance of advance planning and rapid response have far-reaching implications for effectiveness and safety in VIP security processes. Advance or proper planning for VIP security is necessary to ensure that potential risks and factors are identified and addressed appropriately. In this way, it is possible to avoid mistakes that could occur during critical situations. Coordination and team-work between security staff and other stakeholders also allow for effective and efficient decision-making in situations that seem unpredictable. Additionally, rapid response is important because it ensures that potential threats that emanate from any quarter are removed instantly and do not have any negative impacts on VIP characters and other members of staff. These findings are also confirmed from a theoretical perspective by Situational Awareness Theory, which underlines that good security performance depends on the ability to perceive environmental

cues, comprehend emerging threats, and project future developments for timely decisions with rapid responses in the case of VIP protection.

Psychological and Emotional Strain from Constant Stress and Responsibility

The VIP security personnel are under substantial psycho-emotional pressure due to the constant need to protect high-profile individuals. Being exposed to high-stress conditions for a long time can cause fatigue, anxiety, and lack of concentration, which makes stress management an area that demands attention for VIP security personnel as well (Schoeman, 2020). The stress and pressure that take a toll on a person's mental and emotional state owing to the nature of the job being performed can be considered an important issue for security personnel working for and around VIPs (James, 2022). The reason for this is that the ever-constant need to remain alert along with being under pressure to protect the life of another individual can bring in certain mental pressure in the individual that could result in fatigue and decreased concentration levels. Constant exposure to uncertain threats along with having to make decisions under significant pressure can increase the emotional requirements (Palamarchuk & Vaillancourt, 2021). which could bring in issues related to sleep and health.

VIP Security 1 points out the potential effects of mental fatigue and exhaustion on mental faculties such as focus and decision-making as a result of continuous exposure to high levels of stress. VIP Security 2 explains the extreme levels of stress that result from the knowledge that one's life is solely in one's hands and therefore the necessity of rest and mental conditioning as key to managing that stress. VIP Security 4 points out the anxiety that stems from uncertainty, indicating the importance of experience and training in high-

risk events as part of the formula for remaining calm and confident. These are evident in the responses of the VIP Security Personnel during the conduct of interview:

"In my role, I have faced emotional challenges such as dealing with high-stress situations, maintaining composure under pressure and managing the anxiety of potential threats, these challenges can sometimes lead to mental fatigue and emotional exhaustion affecting my focus and decision making abilities." VS 1

"One of the biggest challenges is constant stress and pressure. Knowing that someone's safety depends on you can be mentally exhausting. Sometimes it affects my sleep and focus, but I've learned to manage it through rest and mental conditioning." VS2

"Dealing with high-risk situations brings anxiety, especially when threats are unpredictable. It sometimes affects my concentration, but experience and training have helped me stay composed and confident under pressure." VS 4

Psychological and emotional strain can be one of the most determining factors in security work due to the high-stress and high-responsibility nature of the role (Semenenko et al, 2024). The constant need for vigilance, pressure regarding the safety of high-profile individuals, and confrontation with unexpected threats result in mentally fatigued states, anxiety, and reduced concentration that would probably affect decisions and operational efficiency. Research into occupational stress among security professionals suggests that prolonged exposure to stress promotes emotional exhaustion, sleep disturbances, and diminished cognitive performance. Because of this, mental conditioning, effective coping strategies, and scenario-based training have today been widely recommended in maintaining poise, resilience, and professional performance in risky environments (Cushion, 2022). The findings underpin the critical need for structured support systems and interventions that are aimed at mitigating the psychological demands inherent in the protective services.

Studies on the topic of occupational stress among security workers have regularly demonstrated that highly responsible and continuously vigilant jobs are correlated to psychological/emotional strains (Pradhan, 2021). There is evidence that security guards suffer from moderately severe levels of job-related stress that adversely influence both their bodily and mentally healthy conditions. In addition to that, there are findings showing that experiencing violence at workplaces has contributed towards increased degrees of psychological strains; that is, there is an obvious direct association between job-related risks as well as mental health conditions within security-related positions (Simelane, 2023). When job demands surpass an individual's capacity to deal with them, the state of job-related stress emerges due to increased anxiety levels, poor concentration, as well as poor well-being conditions that parallel the psychological strains experienced by professionals within high-risk protective services employment positions.

The psychological and emotional demands brought about by stress and high levels of responsibility have important consequences for the performance, welfare, and retention of VIP security personnel. Continued engagement with high-stress activities can give rise to mental fatigue, anxiety, and distraction, which can affect decision-making and performance during high-stakes missions. Such challenges underscore the importance for organizations to establish support frameworks that address stress management, mental health services, or enhanced resilience training to ensure that individuals can deal with the challenges that accompany their work roles. Staying abreast of such implications not only maintains the mental well-being of security staff but also not only contributes positively to the success of their overall mission performance but also enables them to ensure high levels of safety for their VIPs. From a theoretical perspective, the Job Demands-Resources (JD-

R) Model explains that job demands such as vigilance, high levels of job responsibility, and risk exposure result in burnout and emotional exhaustion because of the lacking of job resources.

Work–Life Imbalance and Personal Sacrifices

Unfortunately, the security personnel of VIPs have to spend long hours on unscheduled duties; this can be demanding job-wise and leave little or no time for personal obligations. The described cases of personal sacrifice are work oriented yet may make individuals isolated, reproachful, and emotionally exhausted (Mostafa, 2022). Work-life imbalances and personal sacrifices can very well be experienced by protection personnel given the working hours and their constant exposure to their responsibilities. The requirement to stay back in case of an emergency, travel, and special assignments might cut into quality time spent with family and may hamper one's routines (Shin et al., 2022). These factors may contribute to emotional and physical fatigue and issues in developing personal relationships. Over a period of time, if personal sacrifices aren't tended to, it may raise concerns regarding an overall sense of satisfaction in one's life. The recognition of this dimension underscores the value of support systems being in place for protection staff (Devaney & Gregor, 2022).

VIP Security 2 mentions the problems posed by hours worked and unattended family events, but VIP Security 3 looks back on the emotions experienced as a result of working away from family and realizes that living with purpose and making the best out of time helps to make such sacrifices less painful. VIP Security 6 points out the stress that irregular working hours involve, explaining that self-control, balance, and the sense of responsibility are required in order to make such sacrifices bearable in terms of the effects

on the private lives of such individuals. These are evident in the responses of the VIP Security Personnel during the conduct of interview:

"The stress and long working hours often kept me away from my family. I missed important occasions, which caused some misunderstandings at home. Over time, I learned to communicate better and make the most of my free time to rebuild those connections." VS 2

"Being away from my loved ones for long periods has been one of the toughest sacrifices. I cope by focusing on my purpose, ensuring safety and serving with professionalism. I also use my free time to reconnect and make every moment with family meaningful." VS 3

"The biggest sacrifice is the constant separation from my family due to unpredictable work hours. It's emotionally draining, but I manage it by focusing on self-discipline, maintaining emotional balance, and reminding myself that my sacrifice ensures their safety and well-being." VS 6

Work-life imbalance and sacrifices are natural connotations for personnels involved in VIP security work due to long hours of work, unconventional work patterns, and protection work coming with its own set of strenuous expectations. Spending much time away from families and support systems could easily result in emotional distress and difficulties in maintaining intimate relations for those involved in VIP protection work (Mokae, 2023). The impact of work-related stress in the field of protective work has been explored in existing research to include effects on psychological well-being, including fatigue, guilt, and reduced life satisfaction. Strategies for managing stress have been identified to include adopting strategies for quality time with loved ones and self-discipline for balanced work life when in VIP protection work (Marques & Berry, 2021).

Studies on high work demands and high work-related stresses have found work-life conflict and personal sacrifices to be major concerns for professionals engaged in long work hours, high responsibility, and long-term absences from home (Akanji & Ajonbadi, 2020). In field studies carried out on police and military forces, it has been found that due

to work pressures and demands, work-life balance is made complicated and results in limited personal and social commitment and concerns for future family roles. The work-life conflict study fields in occupational psychology illustrate that work pressures and personal responsibilities could have adverse effects on mental health and work satisfaction and well-being due to spillovers from work to non-work life (Lott, Y., & Wöhrmann, A. M. (2023). Studies conducted on work patterns and pressures in private security have also reflected that long work hours and night work and pressure situations have mental and emotional effects on personal and family life even when flexible work schedules exist. These studies on work-life conflict and personal pressures on security professionals have illustrated that work pressures and work-life imbalances have psychological effects on work staff and represent a clear recommendation for organizational strategies to mitigate these pressures.

The constant strain caused by high levels of stress and responsibility has far-reaching implications not only for the well-being but also for the performance of the personnel involved in VIP security. Prolonged exposure to the pressure elements can result in mental fatigue, anxiety, reduced concentration, and poor decision-making, which may affect operational effectiveness and the safety of high-profile individuals. This further justifies the requirement for organizations to adopt formalized support structures like stress management programs, mental health counseling, and training in building resilience to help personnel manage the demands placed upon them. Such steps have repercussions not only for the mental health and job satisfaction of security professionals but also for higher overall efficiency in operations, better mitigation of risks, and the ability to sustain high standards of protection in environments characterized by unpredictability and high stakes.

From a theoretical point of view, the Work–Family Conflict Theory argues that work-family conflict, where the demands from one role make the other role difficult to fulfill, applies in the case of VIP security guards, who experience this kind of pressure.

Individual Coping Strategies and Stress Management Techniques

VIP security personnel utilize their own unique stress-coping methods that include techniques such as mindfulness, breathing techniques, mental rehearsal, and fitness to keep their concentration and composure intact even when they are working under extreme pressure. Reducing stress anxiety, preventing burnout, and improving decision-making skills are also made possible through such techniques (Gabriel & Aguinis, 2022). Individual coping styles and stress management strategies are important for enhancing the ability of VIP security personnel to remain focused and composed under high-stress situations. Some of these coping styles are physical fitness, planned schedules, mindfulness, breath control, and trust in professional skills to deal with stress and resultant physical and emotional exhaustion (Maresca et al., 2022). By managing stress effectively, it becomes easier to remain vigilant and make rational decisions during sensitive security operations. It should be noted that individual coping styles are important to maintain individual and job-based well-being under high-stress conditions of security work (Kim & Ahn, 2025).

VIP Security 2 includes the benefit of proper physical fitness activities to combat stress. VIP Security 4 focuses on physical discipline to build mental endurance to remain composed during stressful operations. VIP Security 6 introduces key techniques to remain composed by relying on training, concentration, and confidence to remain sharp and not go into panic at times of operations when quick decisions are required. The techniques not

only describe the methods of remaining composed but also include relevant examples. These are evident in the responses of the VIP Security Personnel during the conduct of interview:

"I cope by maintaining a healthy routine getting enough sleep, exercising regularly, and keeping a balanced diet. Physical fitness helps me stay alert, while good rest allows me to handle stress and pressure more effectively during operations." VS 2

"I stick to a routine of regular physical training and discipline. Exercise not only keeps my body fit but also strengthens my mental endurance, helping me stay sharp and calm even in stressful environments." VS 4

"I keep myself calm by focusing on the task rather than the fear of danger. I remind myself of my duty, rely on my training, and maintain confidence in my skills. This mindset keeps me centered and prevents panic in critical situations." VS 6

Personal coping mechanisms and methods for managing stress are critical in ensuring mental and physical well-being among VIP protection agents (Anderson et al., 2022). Research evidence from studies conducted among individuals with high-stress security jobs indicates that sticking to routines involving regular physical exercises, getting sufficient sleep, and eating healthy food helps improve alertness, endurance, and resilience during high-stress protection operations. Mental techniques involving focused concentration, relying on professional training, mindfulness, and controlled breathing techniques are well-documented effective approaches to cope with stress, remain composed, and avoid panic in uncertain or high-stakes protection situations (Srivastava, 2025). Research suggests that a combination of physical training and emotional regulation strategies is effective in improving decision-making and performance in high-risk protection operations.

There is evidence that people in high stress jobs proactively employ personal strategies to cope with stress (Schwarzer & Reuter, 2023). It indicates that public safety professionals employ numerous techniques to proactively handle stress at work. For instance, studies have found that people in high stress jobs employ personal strategies such as self-reflection, stress education, or therapy, such as psychotherapy, to actively cope with stress. ([MDPI][1]) Systematic analysis in other occupation groups, such as prison or law enforcement careers, further supports that mindfulness strategies, breathing techniques, meditation, cognitive behavioral techniques, and resilience training provide highly effective stress relief, reduction of burnout, reduction of anxiety, improvement of focus, or management of personal emotions in high stress jobs (Geetanjali et al., 2023) . Specifically, within a security context, exercise, sound sleeping habits, relaxation, or social support have been recognized as particularly effective strategies to actively deal with stress, in addition to being reflected in overall stress concepts that provide evidence of efficient techniques to cope with stress at work.

Such implications are fundamental to the effectiveness, well-being, and resilience of individual personnel operating within VIP security. Security personnel can decrease anxiety and prevent burnout by adopting practices aimed at reducing tension through mindfulness, controlled breathing, physical exercise, structured routines, and task-focused mental strategies, thereby remaining composed in highly pressurized situations. These have been designed to improve cognitive functioning and decision-making under stress and bring about long-term psychological and physical health benefits seen as important in sustaining operational readiness. Recommendations are that organizations should facilitate the development of personal coping skills through relevant training, wellness programs,

and access to resources, such skills being supportive of professional performance and overall well-being in demanding protective roles. This theme is rooted within the Transactional Theory of Stress and Coping by Lazarus & Folkman, which holds that people cope with stress by cognitive appraisal and problem-focused and emotion-focused coping efforts, which are seen within the physical and mindfulness-based strategies utilized by VIP security officers to remain in control and perform effectively under stressful conditions.

Reliance on Social and Organizational Support Systems

The security personnel responsible for VIP protection utilize social and organizational support structures like family and social networking groups for dealing with challenging situations associated with high-stress task performance (Kaur, 2025). These social and organizational structures offer these employees encouragement and assistance in order to stay focused on assigned responsibilities. The psychological and professional pressures associated with high-risk responsibilities in VIP security call for reliance on both social and organizational support systems (Koeppen & Hopkins, 2021). Support by family, peers, mentors, and colleagues offers a level of psychological reassurance, shared understanding, and practical guidance that may minimize stress and prevent burnout. Organizational support through teamwork, open communication, wellness programs, and access to professional resources enhances further the level of resilience and job performance. Such systems create a feeling of relatedness and stability that enables staff to stay focused and motivated during challenging periods (Kaur, 2024). Emphasizing the value of social and organizational support is in recognition of its critical role in sustaining

well-being, effectiveness, and long-term commitment to the work performed in the security of VIPS (Alzadjali & Ahmad, 2024).

VIP Security 1 recognizes the vital role that an extended support system, including relatives, peers, and close friends, has in cushioning the psychological pressures of the job and helping an individual remain focused and functional in their work. VIP Security 3 removes attention from personal support and points to the benefits that come with networking with fellow professionals in similar lines of work, establishing that shared experiences and advice are useful in stress relief. VIP Security 5, on the other hand, points to the importance of having all the support that comes with having both relatives and workmates. These are evident in the responses of the VIP Security Personnel during the conduct of interview:

"Family, peers, mentors, friends this support system create a strong network that buffers the emotional demands of my role to maintain focus, well-being, and effectiveness on duty." VS 1

"I rely heavily on my teammates and peers in the security field. We often share experiences and advice, which helps relieve stress. Having people who truly understand the challenges of the job makes coping much easier." VS 3

"I lean on both my family and colleagues for support. My family helps me recharge emotionally, while my peers give me professional guidance. That balance between personal and work relationships keeps me stable and motivated." VS 5

This dependence on social and organizational support structures is one of the important components that help in balancing high-stress security work demands. Research indicates that family, peers, mentors, and colleagues provide the emotional reassurance, guidance, and practical assistance which helps diminish stress, deter burnout, and maintain operational focus (Dalton, 2021). According to occupational psychology research, strong social networks buffer the psychological impact of job-related pressures and enhance

resilience, enabling personnel to cope effectively with high-risk and unpredictable situations (Davenport, 2025). Organizational support, structured wellness programs, opportunities for mentorship, and team-based collaboration not only reinforce these effects but create a sense of belonging, improve communication, and ensure personnel have access to the resources which can sustain them both professionally and personally.

Studies on occupation-related stress and coping clearly suggest the important function of social organizational support systems in the alleviation of job-related stress, besides improving the overall well-being of employees in demanding work settings (Reh et al., 2021). The JD-R approach and models-related studies suggest that the augmentative function of social organizational support systems offsets the deleterious effect of job-related stress, providing the much-needed psychological boosting to counter stress, in a manner that ensures the prevention of burnout experiences, allowing the individual to maintain an effective level of job-related performance. The empirical approach clearly suggests that coworkers, supervisors, and organizational forms of social organizational support systems can help alleviate stress, boost job performance, besides improving overall commitment, with the employee reporting a higher level of relationship quality, besides a notable decline in stress, in work settings where these systems are in place (Chen et al., 2020).

Lastly, a substantial amount of job-related stress, besides improving work-life interface, was noted to be directly influenced by the level of social organizational support systems, specifically job-related stress, with the overall level of psychological distress, besides work-life interface, improving appreciably due to the augmentative function of social organizational relationships, specifically job-related stress, besides relationships

within the family. The reliance on social and organizational support systems has profound impacts on the welfare, resilience, and performance of VIP security personnel. Clearly, access to strong support networks-family, peers, mentors, and organizational resources-serves to buffer the emotional and psychological demands of high-pressure assignments, thereby reducing stress and preventing burnout. This is how support grows operational effectiveness, enabling personnel to remain focused, composed, and competent to make decisions during unsure and high-risk situations.

These findings imply that supportive environments need to be deliberately nurtured by the organization through mentorship programs, team-building activities, wellness initiatives, and open lines of communication, while personnel develop personal strong relationships, as both sources of support are vital in maintaining mental health and job satisfaction and sustaining long professional performance. This theme is rooted within the Job Demands-Resources (JD-R) Theory because social and organizational support serve a very important role in providing key job resources to mitigate stressful effects of high job demands among VIP security personnel working in a high-stress environment.

CONCLUSION AND RECOMMENDATION

According to the study's findings, VIP security guards frequently struggle to strike a balance between their personal and emotional well-being and the demanding nature of their work. Their job necessitates long, unpredictable hours, constant alertness, and the capacity to handle stressful situations all of which lead to emotional strain, mental exhaustion, and little family time. In spite of these obstacles, the participants showed great resilience by using personal coping mechanisms like physical training, mindfulness, and a structured routine, as well as the assistance of peers, family, and organizational resources. The study emphasizes that while protecting VIPs is still their top priority, preserving their emotional stability and robust support networks is essential to their efficacy and long-term welfare. These firsthand accounts highlight the dual sacrifices made by VIP security guards protecting lives while juggling personal demands and highlight the need for institutional acknowledgement as well as all-encompassing support systems that take into account their mental, emotional, and social well-being.

VIP security guards may improve their organizational support structures in order to better handle the particular demands of this profession. Burnout can be decreased and emotional resilience increased by putting in place organized mental health programs, frequent psychological evaluations, and stress management seminars. To guarantee that employees can recuperate both physically and psychologically, organizations may also take into account requiring rest periods, modifying schedules, and providing access to private counseling services. Creating family-inclusive programs, trauma-informed interventions, and peer support groups can improve relationships, increase understanding, and boost spirits. Professional development should also incorporate training courses on

communication, emotional intelligence, and work-life balance. In order to better understand the intricate dynamics within the VIP protection industry, future researchers are urged to investigate family members' viewpoints and compare experiences in various security environments or geographical areas.

DECLARATION OF THE USE OF AI TOOLS

We acknowledge the use of **ChatGPT** <https://chatgpt.com/> and **HumanizeAI** <https://www.humanizeai.pro/>.

We acknowledge the use of HumanizeAI <https://www.humanizeai.pro/> to help text sound more natural, relatable, and easier to read

We acknowledge the use of ChatGPT <https://chatgpt.com/> to help create the background of my study.

We used the output as a starting point for generating ideas in my introduction.

We entered the following prompt:

List 2 theories that can support this study with author and year

Create 3 paragraph discussion of (Theory) add 1 paragraph stating the significance of the theory

Create list of topic from broad to specific

Revise this based on the current study

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APPENDIX A

INTERVIEW GUIDE PROTOCOL

Introduction

1. Introduces self and the purpose of the study.
2. Discusses the focus of the study.
3. Provides informed consent and assures confidentiality.
4. Explains the structure of the interview (audio recording and taking notes).
5. Asks if the participant has any questions before the start of the interview.
6. Tests audio recording equipment to ensure it works properly.
7. Ensures the participant feels comfortable and ready to proceed.

Opening Questions

1. Can you describe your journey into VIP security work? How long have you been in this role, and what were your initial expectations or challenges when you first started?
2. What does a typical day look like for you as a VIP security personnel? How do your responsibilities differ from other security or law enforcement roles you've encountered or observed?

Core Questions

1. What personal lessons or insights have you gained from your experiences as a VIP security professional?
 - 1.1 What can you share a specific situation or incident that taught you an important lesson in your work?
 - 1.2 How have these insights shaped the way you approach your duties today?

2. What emotional or psychological challenges have you encountered in your role, and how have these affected your well-being and performance on duty?

1.3 How can you describe a moment when the emotional or psychological demands of your job felt overwhelming?

1.4 How did these challenges affect your relationships, either at work or in your personal life?

3. How do you cope with the stress and pressure that come with protecting high-profile individuals?

3.1 What specific strategies or routines help you stay calm and focused under pressure?

3.2 How effective do you think these coping methods are in maintaining your performance and well-being?

4. What support systems (e.g., family, peers, organizational programs, professional counseling) do you rely on in managing the demands of your profession?

4. 1 In what ways do these support systems help you manage stress and emotional strain?

4. 2 Are there any kinds of support you wish were available but are currently lacking?

5. What personal sacrifices have you made (e.g., missed family events, time away from loved ones), and how do you manage the emotional effects of these sacrifices?

6. What kind of support does your agency or employer provide to address your mental and emotional well-being, and what improvements would you suggest?

7. What ethical challenges or dilemmas have you encountered in your role as a VIP security professional, and how have these experiences influenced your decisions, coping strategies, or overall perspective on your work?

Closing Question

1. In your view, what qualities are most important for someone working in VIP security to possess especially when it comes to maintaining personal stability?
2. What improvements, if any, would you suggest to better support VIP security personnel in managing both professional responsibilities and personal well-being?

APPENDIX B

TRANSMITTAL LETTER



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CERTIFIED ISO 21001: 2018 Educational Organizations Management System by DNV
ACCREDITED Philippine Association of Colleges and Universities Commission on Accreditation (PACUCOA)

COLLEGE OF CRIMINOLOGY

September 10, 2025

JOSE F. CUEVAS JR.
Dean, College of Criminology
Misamis University
Ozamiz City

Dear Dr. Cuevas,

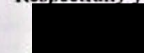
Greetings of Peace!

We, the Bachelor of Science in Criminology students of Misamis University, Ozamiz City are currently working on our Thesis study entitled, *"Exploring the Lived Experiences of VIP Security Personnel "* as a requirement for the course Criminological Research.

In this regard, we humbly request your good office to allow us to conduct the study with the VIP Security Personnel. Be assured that informed consent will be secured from the participants before the actual interview and the data to be gathered will be used solely for research purposes.

Your approval to this request will contribute to the success of our educational endeavors. For more inquiry you may contact this number +63 977-349-2660. God bless and more power.

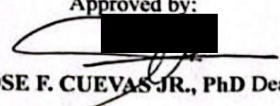
Respectfully yours,


MARY CRIS F. DIZON
Team Leader

Noted by:


MARKDY Y. ORONG, DIT
Instructor

Approved by:


JOSE F. CUEVAS JR., PhD Dean

APPENDIX C

TRANSCRIPTS OF THE INTERVIEW

VIP Security 1

I began my career in general and was assigned in mobile PMFC before moving into VIP protection about 9 years ago. Initially, I expected the work to be mostly physical, but I quickly realized that it requires just as much planning, communication, and discretion. One major challenge was adapting to the high level of alertness and professionalism. Conducting security checks & screenings, Escorting VIP's & ensuring their safety, coordinating with law enforcement if needed, managing access control & crowd control. As a VIP security employee, I've learned that adaptability and fast thinking are crucial. I've also understood the value of confidentiality and maintaining a professional manner even in stressful situations, which helps to create trust and rapport. I've discovered that every detail counts. There was an event. Despite planning, an unexpected ground source occurred, creating a potential security breach. Reacting quickly, I coordinated with local authorities to reroute the crowd and reinforce the security perimeter. These incidents taught me the importance of remaining adaptable and proactive. I now prioritize proactive risk assessment and contingency planning, ensuring that I'm always prepared for unexpected situations. In my role, I have faced emotional challenges such as dealing with highstress situations, maintaining composure under pressure, and managing the anxiety of potential threats. These challenges can sometimes lead to mental fatigue and emotional exhaustion, affecting my focus and decision-making abilities. The constant vigilance and the weight of ensuring their safety become incredibly overwhelming, unable to shake off the feeling that something could go wrong despite all precautions. This led to a sleepless night and a sense of dread that made it difficult to focus the next day. I become more withdrawn, hesitant to delegate tasks, and fear that mistakes could compromise security. Personally, I was often pre-occupied distant from family and friends, making it difficult to fully engage in our time together. To cope with the stress, I've learned to compartmentalize work and personal life, setting boundaries to prioritize my relationships. And also, regular exercise and mindfulness practices help me manage stress. Breathing Exercise, Situational Awareness Drills, Clear Communication Protocols, and Regular Breaks. By preparing mentally, practicing mindfulness, staying situationally aware, ensuring clear communication, and taking regular breaks. By leveraging these resources, I can effectively manage the pressures of my profession and maintain my well-being. Family, peers, mentors, friends, this support system create a strong network that buffers the emotional demands of my role to maintain focus, well-being, and effectiveness on duty. One area where I feel additional support would be beneficial is in Specialized trauma support service tailored to the unique challenges faced by security professionals. Additionally, peer support groups facilitated by mental health professionals could offer a safe space for experience and coping strategies. The emotional effects of these sacrifices can be challenging, leading to feeling guilt, loneliness, and attachment. To manage these emotions, I prioritize quality time with my family when I am available, making each moment count, I also maintain open communication, sharing my experiences, and feeling with my loved ones to keep them involved in my life. Employee

Assistance Programs, Wellness Programs, Training, however, improvements could include. Specialized Trauma Support, Peer Support Groups, Increased Awareness, Flexible Scheduling. One significant dilemma involved a client who requested I overlook certain illegal activities. This experience reinforced my commitment to ethical conduct and the importance of clear boundaries. To cope, I sought guidance from mentors and legal counsel, ensuring my actions aligned with professionals' standard. Emotional Intelligence, Resilience, Integrity, Adaptability, Self-Awareness, Discipline, Communication Skills, these qualities enable VIP security professionals to handle high-pressure situation, maintain composure, and make sound decisions, all while preserving their personal well-being. Clear Ethical Guidelines. Mandatory downtime, Physical fitness programs, family support programs, mentor ship programs, these improvements would provide more comprehensive and personalized support.

VIP Security 2

I started my career in VIP security about five years ago after working as a regular security guard. At first, I thought it would just be about protecting one person, but I quickly realized the responsibility was much greater. The biggest challenge was adapting to the pressure and maintaining constant alertness, especially during public events. A typical day starts early with checking the schedule of the VIP and assessing possible risks in every location we visit. I coordinate with drivers, assistants, and other security members to ensure safety at all times. Unlike regular security work, VIP protection requires constant mobility and planning ahead, not just standing guard in one place. One of the biggest lessons I've learned is the importance of discipline and self-control. In VIP protection, you can't afford to lose focus or act on emotion. Every decision must be calculated because someone's life depends on it. There was one event where our VIP made an unscheduled stop at a crowded public place. The sudden change caught us off guard, and we had to quickly adjust our formation. That experience taught me the importance of always having a backup plan and staying alert for unexpected movements. Those experiences made me more proactive and cautious in every assignment. I now double-check all details, from travel routes to security plans, because even small mistakes can lead to big consequences. One of the biggest challenges is constant stress and pressure. Knowing that someone's safety depends on you can be mentally exhausting. Sometimes it affects my sleep and focus, but I've learned to manage it through rest and mental conditioning. There was a time when we received a serious security threat while escorting a VIP to a public event. My heart was pounding, and I felt the pressure of keeping everyone safe. It was overwhelming, but I stayed focused because panic could have endangered both the client and the team. The stress and long working hours often kept me away from my family. I missed important occasions, which caused some misunderstandings at home. Over time, I learned to communicate better and make the most of my free time to rebuild those connections. I cope by maintaining a healthy routine getting enough sleep, exercising regularly, and keeping a balanced diet. Physical fitness helps me stay alert, while good rest allows me to handle stress and pressure more effectively during operations. Before every duty, I mentally review possible scenarios and responses. This preparation helps me stay calm because I already know what to do if something goes wrong. I also control my breathing whenever I feel tense to keep my focus steady. I find my coping methods very effective because they keep me mentally sharp and physically ready. Practicing discipline and relaxation techniques allows me to stay focused

during long and stressful duties without feeling burned out. My family is my strongest support system. They give me emotional comfort after long and stressful duties. Knowing that they understand and appreciate my work helps me stay motivated and grounded. My family helps by providing emotional comfort and understanding. Talking to them after a long, stressful day allows me to release tension and feel supported, which restores my energy and focus for work. I wish our organization offered more regular mental health checkups or counseling sessions. The nature of our work is stressful, and having professional psychological support would help us manage emotional strain better. I've missed many family gatherings and special occasions because of duty schedules. It's hard, but I remind myself that my work is important and provides for my family's needs. Staying in touch through calls and messages helps lessen the emotional distance. Our agency provides periodic training and team meetings that help us release tension and share experiences. However, I think they could improve by offering regular counseling sessions or stress management workshops to better support our emotional health. One ethical challenge I faced was maintaining confidentiality when people asked personal questions about the VIP I protect. It taught me the value of loyalty and professionalism. Now, I strictly follow privacy rules and never share sensitive information, no matter the situation. Discipline is the most important quality. Without self-control and consistency, it's hard to stay focused under pressure. Discipline helps maintain both emotional balance and professional reliability in every situation. I suggest providing regular mental health programs or counseling sessions. These would help VIP security personnel handle stress, anxiety, and emotional fatigue that come with the high demands of the job.

VIP Security 3

My journey began seven years ago when I was assigned to assist a local government official during his travels. I didn't expect how demanding the role would be, from long working hours to learning advanced protection techniques. Over time, I developed strong discipline and situational awareness that made me confident in handling VIP protection tasks. Every day is unpredictable sometimes I'm at the VIP's office, other times traveling to public events or meetings. My main job is to anticipate threats, manage access control, and maintain situational awareness. Compared to regular law enforcement, our focus is prevention and protection rather than enforcement or investigation. I've realized that being a VIP security professional is not just about physical strength, but also about mental readiness and emotional stability. I learned how to stay calm under pressure and think critically even in tense situations. During a provincial trip, our vehicle almost got into an accident because the route wasn't checked in advance. Thankfully, no one was hurt, but it made me realize how vital advance planning and route inspection are to ensure safety and efficiency in every operation. After learning the importance of communication and coordination, I make sure to constantly update my team and clarify every instruction. This habit has helped us avoid confusion and respond more effectively during operations. The long hours and lack of personal time can take a toll emotionally. Being away from family for extended periods made me feel isolated at times. However, I've learned to balance work and personal life by maintaining communication with loved ones and taking breaks when possible. I once worked several consecutive days with very little rest due to back-to-back events. The fatigue and lack of sleep made it hard to concentrate, and I felt emotionally drained. That experience showed me how important it is to take care of my mental and

physical health. At first, the pressure from work made me more irritable and distant, even with my colleagues. I realized that I was carrying emotional stress from the job into my personal interactions. Now, I try to separate work from home life and maintain a positive attitude with my team. I manage stress by practicing mental discipline and mindfulness. Whenever I feel overwhelmed, I take a few deep breaths, focus on the situation, and remind myself of my training. Staying calm helps me make better decisions in critical moments. I practice deep breathing and short meditation during breaks. These techniques clear my mind and help me manage anxiety. Staying mentally composed allows me to make quick and accurate decisions under pressure. They're quite effective since they help me maintain balance between work and personal life. By managing stress through rest and exercise, I perform better and avoid emotional exhaustion. I rely heavily on my teammates and peers in the security field. We often share experiences and advice, which helps relieve stress. Having people who truly understand the challenges of the job makes coping much easier. My teammates help me manage stress by sharing experiences and offering advice. We look out for one another, and that sense of teamwork eases the pressure during difficult assignments. It would be great to have more structured rest periods and recreational programs for security personnel. Sometimes we work long hours without enough time to recover physically and mentally. Being away from my loved ones for long periods has been one of the toughest sacrifices. I cope by focusing on my purpose ensuring safety and serving with professionalism. I also use my free time to reconnect and make every moment with family meaningful. The company gives us time off after long assignments, which helps us recover physically and mentally. Still, I suggest having professional mental health programs or seminars to teach us coping strategies for handling pressure and burnout. I once dealt with a situation where I was pressured to give special treatment to someone close to the VIP who wasn't following security protocols. It was difficult, but I stood by the rules to ensure safety. That experience strengthened my integrity and reminded me that fairness is part of true professionalism. Emotional resilience is essential. The job comes with stress, long hours, and unpredictable challenges, so being able to manage emotions and recover quickly from pressure keeps a person stable and effective. Improved scheduling and adequate rest periods would make a big difference. Long hours without proper breaks can lead to burnout, so giving fair time for recovery would help maintain both performance and well-being.

VIP Security 4

I've been in VIP security for three years now. I entered this field because I wanted to apply my criminology background and training in real-life protective work. My initial expectation was that it would be mostly about physical protection, but I soon realized that planning, coordination, and communication are just as important. My day usually involves escorting the VIP from home to different destinations, inspecting vehicles and venues beforehand, and maintaining discreet surveillance. Unlike other security positions, we work closely with the client and need to blend professionalism with personal trust. The level of confidentiality and alertness is much higher than in standard security duties. My day usually involves escorting the VIP from home to different destinations, inspecting vehicles and venues beforehand, and maintaining discreet surveillance. Unlike other security positions, we work closely with the client and need to blend professionalism with personal trust. The level of confidentiality and alertness is much higher than in standard

security duties. My experience taught me the value of teamwork and trust. No matter how skilled you are, security work is always a coordinated effort. Everyone has to communicate clearly and rely on each other for the mission to succeed. I once encountered an aggressive individual trying to get close to the VIP during a public appearance. My quick reaction prevented a possible threat. That moment taught me how critical situational awareness and composure are panic can make things worse, but calm action ensures safety. The lessons taught me to stay calm and composed no matter what happens. I approach every task with a clear mind, focusing on prevention and preparedness rather than just reacting to threats. Dealing with high-risk situations brings anxiety, especially when threats are unpredictable. It sometimes affects my concentration, but experience and training have helped me stay composed and confident under pressure. During a high-profile event, a crowd suddenly rushed toward our VIP. The tension was intense, and I could feel my anxiety rise. It was overwhelming at that moment, but my training helped me act quickly and protect the client without losing control. Because of the confidentiality and seriousness of my job, I couldn't always share details with loved ones. This created a gap in understanding they didn't always know why I was so tense or quiet. I've since learned to open up about how I feel without violating work protocols. I manage stress by practicing mental discipline and mindfulness. Whenever I feel overwhelmed, I take a few deep breaths, focus on the situation, and remind myself of my training. Staying calm helps me make better decisions in critical moments. I stick to a routine of regular physical training and discipline. Exercise not only keeps my body fit but also strengthens my mental endurance, helping me stay sharp and calm even in stressful environments. My coping methods work well most of the time, especially in high-pressure situations. Breathing techniques and teamwork help me stay calm and think clearly, which directly improves my performance on duty. Our organization provides regular training and mental wellness programs, which I find very helpful. These activities remind us to care for our well-being and strengthen our teamwork and confidence in the field. The organizational programs and wellness activities remind me to take care of my mental health. Group discussions and training sessions provide a safe space to talk about stress, helping me realize I'm not alone in facing challenges. I think there should be more family-inclusive programs where our loved ones can understand the demands of our job. This would help strengthen relationships and create more emotional support at home. I've sacrificed a lot of personal time, especially during holidays or weekends. Sometimes it feels lonely, but I manage by keeping a positive mindset and remembering that dedication to my job also brings pride and stability to my loved ones. We receive moral support from our supervisors and occasional team-building activities. It's a good start, but I believe they should include mental wellness check-ins and access to trained counselors who understand the nature of security work. There were times when I had to balance honesty and discretion, especially during investigations or sensitive incidents. I learned to communicate carefully and prioritize truth without compromising security. It shaped my decision-making and made me more disciplined in my actions. Patience and composure are key qualities. In VIP security, situations can change in seconds, and reacting impulsively can cause problems. Staying calm and patient helps maintain order and professionalism. There should be more training focused on emotional intelligence and stress management. These skills are just as important as physical preparedness in maintaining balance between work and personal life.

VIP Security 5

I got into VIP security after serving in law enforcement for nearly a decade. Transitioning to private security was challenging because I had to adjust from a team-based police environment to a more focused one-on-one protection setup. It taught me patience, quick decision-making, and the importance of confidentiality. I start by reviewing the VIP's itinerary, checking for security risks, and ensuring all communication devices are working. Throughout the day, I monitor surroundings and coordinate with local police if needed. Unlike patrol officers who respond to crimes, we focus on avoiding them before they happen through planning and observation. I've learned that respect and professionalism go a long way in this field. Dealing with high-profile individuals requires understanding boundaries and maintaining confidentiality at all times, which helped me grow both personally and professionally. I remember an incident when a minor miscommunication between team members led to confusion about the VIP's location. It was a simple mistake but could have caused a serious issue. From then on, I learned the importance of clear communication and constant coordination within the team. Because of what I've experienced, I now put more emphasis on planning ahead and maintaining situational awareness at all times. I've learned to think two steps ahead, which helps me protect the VIP more efficiently. Emotional fatigue is a real challenge because you must stay alert and professional even when tired or under personal stress. At first, it affected my performance, but over time I learned the importance of mental resilience and emotional control. I remember being assigned to guard a VIP who was constantly in the public eye. The constant scrutiny and pressure to never make mistakes were mentally exhausting. I felt overwhelmed trying to maintain perfection, but I learned to manage my emotions through focus and teamwork. The emotional weight of the job sometimes made me withdraw socially. I avoided friends and family to rest and recharge, but that also led to feelings of isolation. I've learned that staying connected with supportive people actually helps me handle stress better. I rely on teamwork and communication with my co-workers. Sharing the responsibility and supporting one another makes the job less stressful. Knowing that my team has my back gives me confidence and reduces anxiety during high-pressure situations. I focus on teamwork and communication during operations. Knowing that my co-members are alert and ready helps me stay composed. We constantly remind each other to stay focused and follow the plan. I believe they're effective because I've noticed fewer mistakes and better concentration since I started applying them. Taking care of my physical and mental health has made me more confident and resilient at work. I lean on both my family and colleagues for support. My family helps me recharge emotionally, while my peers give me professional guidance. That balance between personal and work relationships keeps me stable and motivated. Having both family and colleagues as support systems gives me balance. My family provides emotional strength, while my peers give practical tips and encouragement. Together, they help me handle pressure more effectively. I wish there were more peer support groups or workshops focused on stress management. Sharing experiences and learning coping strategies together could really improve morale and teamwork. Missing important milestones like birthdays and anniversaries has been emotionally painful. To cope, I communicate openly with my family about my responsibilities and make sure to spend quality time with them whenever I'm off duty. Our agency provides strong logistical and operational support, but emotional support is limited. I would recommend creating a wellness department that focuses on mental health

awareness, stress debriefing, and peer support systems. I encountered an ethical dilemma when asked to ignore minor violations committed by influential people around the VIP. I chose to report it properly, even if it was uncomfortable. That experience reinforced my belief that doing the right thing protects not only the VIP but also my credibility as a professional.

VIP Security 6

I've been working in VIP security for almost six years. My journey started when a friend recommended me for a personal protection job. I initially underestimated how exhausting it could be to remain alert all day, but with experience and training, I learned how to manage stress and anticipate threats before they happen. My typical day revolves around advance preparation, escorting, and constant monitoring of the environment. I must stay alert even during quiet moments since anything can happen. Compared to other roles I've seen, VIP security is more personal, strategic, and mentally demanding. We protect one life, but that one life carries great responsibility. One key insight I gained is that prevention is more powerful than reaction. Anticipating danger, reading people's behavior, and staying alert are what keep both the VIP and the team safe. It's a mindset I now apply even outside of work. There was a time when the VIP I was assigned to became ill during a public engagement. I had to balance protecting their privacy while managing the crowd. That experience taught me compassion, adaptability, and the value of maintaining professionalism even in unexpected personal situations. Those insights changed my attitude toward the job. I now value discipline, teamwork, and professionalism more than ever. Every duty I perform is guided by the mindset that safety comes first and that constant vigilance saves lives. I often face the challenge of suppressing fear and staying calm in tense moments. It's psychologically demanding to remain composed when danger feels close, but I use breathing techniques and focus on my duty to overcome anxiety and maintain performance. One difficult moment was when an unexpected emergency occurred while the VIP's family was present. Balancing my duty to protect them while managing my own fear and stress was overwhelming. It reminded me how emotionally demanding this job can be and how essential self-discipline is in such situations. The challenges strengthened my bond with my co-workers because we understood each other's struggles. However, it also strained my relationship with my partner due to a lack of time together. It taught me that balance and understanding are essential to maintaining both professional and personal relationships. I handle stress through continuous training and preparation. The more confident I am in my skills, the less pressure I feel during duty. Regular drills and scenario-based exercises help me stay sharp and ready for any possible threat. I keep myself calm by focusing on the task rather than the fear of danger. I remind myself of my duty, rely on my training, and maintain confidence in my skills. This mindset keeps me centered and prevents panic in critical situations. They're moderately effective; there are still stressful days, but these methods help me recover faster and maintain professionalism. I've learned that consistency in using coping strategies is the key to long-term well-being in this kind of job. Sometimes I consult with a counselor provided by our company when stress becomes overwhelming. Talking to a professional helps me process emotions better and develop healthier coping strategies to maintain focus at work. Professional counseling helps me process my emotions in a healthy way. It teaches me strategies to stay calm and positive, preventing burnout and keeping my performance consistent even under stress.

Financial and health support programs would be a big help. The job can be risky, and having better insurance or emergency assistance would reduce some of the anxiety that comes with our line of work. The biggest sacrifice is the constant separation from my family due to unpredictable work hours. It's emotionally draining, but I manage it by focusing on self-discipline, maintaining emotional balance, and reminding myself that my sacrifice ensures their safety and well-being. Currently, our employer ensures fair scheduling and provides basic medical benefits, which help reduce stress. For improvement, I suggest adding confidential counseling services and regular mental health assessments to ensure we remain emotionally fit for duty. One of the challenges I've faced is managing personal bias while on duty. Sometimes emotions can cloud judgment, especially in high-tension situations. I've learned to stay neutral, follow the code of conduct, and focus solely on my duty to protect this mindset keeps my work ethical and effective. Adaptability and mental toughness are very important. Every VIP and situation is different, so being able to adjust without losing focus ensures both safety and emotional stability in demanding environments. The agency could enhance its wellness initiatives by organizing family engagement activities and team-building events. Strengthening relationships both at work and at home helps improve morale and overall mental health of personnel.

APPENDIX D

THESIS/RESEARCH DATA GATHERING APPROVAL FORM

 **Misamis University**
Ozamiz City

MISAMIS UNIVERSITY RESEARCH CENTER
CERTIFIED: ISO 21001: 2018 Educational Organizations Management System by DNV
ACCREDITED: Philippine Association of Colleges and Universities Commission on Accreditation (PACUCOA)

MU-RC-042/13 November 2024

Thesis/Research Data Gathering Approval Form

Date: September 2025

Name of Authors: Mary Cris F. Dion, Kimberly S. Maravilla, Keith Arcel A. Arellano
College/Department: Criminology
Research Title: Exploring the lived experiences of VIP Security Personnel

Data Gathering Procedure:

a. Type of Research: (Kindly check)

☐ Quantitative	☒ Qualitative	☐ Experimental
☐ Approved Research Title & Problem/Objectives	☐ Approved Data Gathering Procedure	☐ Approved Data Gathering Instrument/Data Sheets

b. Respondents/Participants/Subject/Samples to be Collected: VIP Security Personnel

c. Procedure:

☐ Survey	☒ Interview	☐ Experimentation	☐ Laboratory Testing
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d. Place of Implementation/Study Area: Within Misamis Occidental

If to be conducted outside the school campus, indicate the nature of transportation to be used:

☐ Own private vehicle	☒ public utility vehicle	☐ rental	☐ Others, please indicate _____
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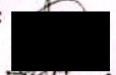
e. Date/s of Implementation/Sampling: October 3, 2025

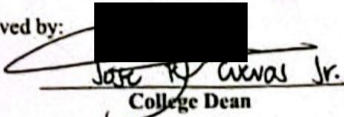
Attachments:

☒	Approved Letter of Consent from the designated authority in the area/place where the study is to be conducted
☒	Signed Parents' Consent

The thesis proposal mentioned above is hereby recommended for the commencement of data gathering implementation.

Recommended by:

 <u>Bernadette Canape</u> Thesis/Research Adviser	 <u>Markedy Y. Oring</u> Thesis/Research Instructor
--	--

Approved by: 
José R. Arce Jr.
College Dean

APPENDIX E

INFORMED CONSENT


Misamis University
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MISAMIS UNIVERSITY RESEARCH ETHICS BOARD
 Phone: +6388 521 0367 | Fax: +6388 521 2917
 Email: muresearchethics@mvu.edu.ph
 

MU-REC-01/03 March 2022

INFORMED CONSENT FORM (PORMA SA NASABTAN NGA PAGTUGOT)

Name of the Researcher/Investigator
 (Nagtuon): Mary Ann F. Dizon
 Course: Criminology
 College: Criminology
 Email / Contact Number: 09773492640
 Thesis Title: Exploring the lived experiences of VIP security personnel

PART I. INFORMATION SHEET	
Introduction (Pasiuna)	Good day! I am <u>Mary Ann F. Dizon</u>, the principal researcher/investigator of the study entitled "<u>Exploring the lived experiences of VIP security personnel</u>." I am a graduate student under the program <u>Bachelor of Science in Criminology</u> at Misamis University in Ozamiz City. I am to conduct the research with <u>PEOPLE WHO ARE</u> participant. In this vein, I am respectfully seeking your voluntary participation, being qualified to give your informed consent to take part in this study. Before you decide whether to participate or not in this study, please read the succeeding information about the study and feel free to ask questions anytime should there be anything you do not understand or want to clarify. If you agree to answer the interview, you will be asked to affix your name and signature on this form for which you will be given a copy. (Maayong adlaw! Ako si _____, ang nagpahigayon sa pagtuon _____ kabahin _____ sa _____) "Ako usa ka estudyante sa _____ sa _____." Ako nagapili kanimo isip participant nga macy mutubag sa gikinahagnglang impormasyon nining gihimong pagtuon. Ako matinahurong naghango sa inyong bulontaryo nga pag-apil niini nga pagtuon. Gikinahanglan nga ikaw naa sa saktong edad ug naay kakayahan nga mohatag sa pagtugot aron makaapil niini nga pagtuon. Sa dili pa ka mohukom sa pag-apil niini nga interview, palihug sa pagbasa sa mga impormasyon sa ubos ug garasnon ka nga makapangutana kon adunay wala nimo nasabtan o gusto nimong iklaro. Kung motugot ka sa pagahimoon nga interview, papirmahan ka niini nga porma ug tagaan usab ka ug imong kaugalingong kopya.
Purpose (Katuyoan)	The purpose of this study is to <u>explore the lived experiences of VIP security personnel</u>. This research <u>provides valuable insight that can improve the well-being of VIP security personnel</u>. (Indicate the significance). (Ang katuyoan niini nga pagtuon mao ang _____. _____ . Kini nga pagtuon makahatag og _____ (kaayuhan).
Type of Research	This study will be conducted through interviews. The gathering of data will be conducted in person.



MU-REB-010/03 March 2022

Selection of Participants (Pagpili sa mga Partisipante)	The selection of the participants is based on the following inclusion criteria: <u>VP Security Personnel</u>, <u>Male and female officers</u>, and <u>At least 3 years of experience</u>. (Indicate as applicable to your study.) (Ang mga partisipante niini nga pagtuon mao ang indibidwal nga naga-angkon sa mosunod: _____.)
Voluntary Participation (Boluntaryo nga Partisipasyon)	Your participation has to be voluntary and will not affect your situation or status in any way, including your relationship with the researcher. You are free to decide if you will take part or not. If you decide to participate, you are free not to answer any questions that you do not prefer to answer. (Boluntaryo ang imong pag-apil ug kini dili makaapekto sa imong situasyon o estado apil na imong relasyon sa nagtuon. Gawasnon ka nga modestisyon kung kung moapil ka niini nga pagtoon o dili. Kung mo-desisyon ka nga moapil, gawasnon ka nga dili motubag sa bisan asa nga pangutana nga dili nimo gusto nga tubagon.)
Procedure (Pamaagi)	The participants will be given ample time when to undertake the interview. The interviews will be undertaken once or several times when necessary. The researcher will transcribe the interviews to be used for the analysis of the data. The information and data provided by you as a participant will be utilized for this study alone and will be treated with the utmost confidentiality. (Ang mga partisipante pagahatagan og igong panahon sa pag-apil sa interview. Ang interview pwedeng himoon kausa nga higayon o sa makadaghan depende sa panginanghalanon. Isulat sa nagtuon ang interviews para sa pag-analisa sa datos. Ang mga impormasyon ug datos nga nakuha gikan kanimo isip ka partisipante gamiton lamang niining research og hatagan og tumang pag-amping nga dili mabutyag.)
Duration (Gidugayon)	The gathering of data through the interview will last for 45 minutes to 1 hour. (Ang pagkuha sa datos pinaagi sa interview mokabat ngadto sa _____.)
Risks and Discomforts (Risiko ug Kaharol)	The respondents will be protected from physical, social, or economic risks. In case the items in the survey instrument are too personal and make you feel uncomfortable, you may decline to answer any or all questions and may terminate your involvement at any time you choose. (Ang mga partisipante ginaprotektahan sa pisikal, sosyal o ekonomikanhong risiko. Kung panaglitan adunay mga pangutana nga personal ra kaayo o kung dili ka komportable, mamahimong dili ka motubag o mobalibad sa pagtubag sa bisan asa o sa tanang mga pangutana ug moatras sa pag-apil sa bisan unsang panahon nga imong gusto.)
Benefits (Kaayohan)	This study will enable you to shed light or provide understanding about <u>VP Security Personnel</u>. Thus, your responses shall be highly valued being deemed important in the field of <u>VP Security Personnel</u>. (Kini nga pagtuon makapahiblo kanimo paghatag og katin-awan o pagpasabot kabahin sa _____. Ang imong mga tubag hatagan og dakong bili nga giisip nga _____.)



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MISAMIS UNIVERSITY RESEARCH ETHICS BOARD

Phone: +6388 521 0367 | Fax: +6388 521 2917

Email: muresearchethics@mu.edu.ph



MU-REB-01/03 March 2023

I will read the Information sheet to the potential participant. With the best of my ability, I make sure that the participant will understand the interview questions and that possible follow-up interviews may be undertaken.

(Akong pagabasahon ang mga nasulat niining Information Sheet ngadto sa potensyal nga partisipante. Kutob sa akong mahimo siguroon nako nga masabtan sa partisipante ang mga pangutana sa interview ug ang possible nga follow-up nga interviews.)

I can assure that the participant will be given an opportunity to ask questions about the study, and all the questions raised will be answered fully. I can likewise assure that the participant will not be coerced into giving consent that must be free and voluntary.

(Gisiguro ko nga ang partisipante mahalagan og panahon sa pagpangutana kabahin niining pagtuon og ang tanang pangutana nga iyang gihatag matubag sa hingpit. Siguroon ko usab ang maong partisipante dili mapugos sa paghatag sa paghugot nga kinahanglan nga gawason og boluntaryo.)

A copy of this Informed Consent Form will be provided to the participant.

(Ang kopya sa niining Informed Consent Form ihatag ngadto sa respondent.)

Print Name of Researcher (Ngalan sa Nagtuon): MARY CRIZ F. DIZON



Misamis University
B. T. Feliciano St., Ozamiz City, 7200 Philippines
MISAMIS UNIVERSITY RESEARCH ETHICS BOARD
Phone: +6388 521 0067 | Fax: +6388 521 2917
Email: muresearchethics@mu.edu.ph



MU-REB-016/03 March 2022

	(Wala kay magasto sa imong pag-apil nilini nga pagtuon ug dili usab ka bayaran ug kwarta sa imong pag-apil nilini nga pagtuon. Apan adunay nga personal protective equipment (PPE) sama sa face masks, alcohol ug face shields nga pwede nga mahatag sa panahon sa pagkuha sa mga datos)
Confidentiality of Data (Pag-amping sa Datos)	Only the researcher will have access to the information and responses of the participants. The personal identifying information of the participants will only be used for research analysis and will be treated with the utmost confidentiality. During the study, all data will be kept in a locked, secure filing cabinet, of which will be discarded 6 months after the publication of the results. (Ang nagtuon lamang ang makakita sa mga impormasyon ug tubag sa respondents. Ang mga datos nga makuha i-analisa ug hatagan og tumang pag-amping aron dili ibutyag. Sa panahon sa pagtuon, ipahimutang sa usa ka selyadong filing cabinet ang tumang datos nga pagagub-on human sa 6 kabulan gikan sa pag-publish sa resulta.)
Sharing of Findings (Pagpaambit sa Nakaplagan)	The results of this study will be presented during the thesis/dissertation final defense of the researcher. Also, the research findings may be shared through publications and conferences with the assurance that the identities of the respondents will remain confidential. A printed copy of the completed study will be provided to the participants. (Ang mga resulta niini nga pagtuon ipresenta sa panahon sa final defense sa thesis/dissertation sa nagtuon. Ang mga nakaplagan sa pagtuon posible nga ipaambit pinaagi sa mga publications ug conferences nga adunay kapanigurohan nga dili mabutyag ang pagkatarwo sa mga partisipante. Pagahatagan og isa ka giimprinta nga kopya sa kumpleto nga pagtuon ang mga partisipante.)
Rights to Refuse or Withdraw (Katungod sa Paggalibabad o Pag-undang)	You are free to withdraw or terminate participation at any stage of the study, without the need to give any reason. You will not be penalized in case of termination of participation. (Gawasnon ka nga moatras or moundang sa pag-apil sa bisan asa nga punto sa pagtuon nga dili na magkinahanglan pa ug rason. Dili ka ipamulta sa pag-atras o pag-undang.)
Who to Contact (Kinsa ang Kontakon)	Should there be any queries as a parent, you can contact the researcher through the following details: (Kung adunay mga pangutana, mamhimo nga mokontak pinaagi aning mga detalye:) Name of the Researcher (Ngalan sa Nagtuon): <u>Mary Ann F. Dizon</u> Cellphone Number/s: <u>0977 2442 4440</u> e-mail ad: <u>miri.ki (@gmail) - (B)</u>



Misamis University
H. T. Feliciano St., Oramiz City, 7100 Philippines
MISAMIS UNIVERSITY RESEARCH ETHICS BOARD
Phone: +6388 521 0167 | Fax: +6388 521 2917
Email: mursearchethics@mu.edu.ph



MU-REB-010/03 March 2022

This research entitled "Exploring the lived experiences of UP" by Mary Crist-Dizon with the aim of gathering information and data pertaining to _____, has been presented and explained to me clearly. Since the study involves UP students I am chosen as one of the participants.

(Kini nga pagtuon gitutuhan, " _____ " ni _____, nga adunay tumong sa pagkuha og impormasyon ug datos kabahin sa _____, gipresenta ug gipasabot og klaro kanako. Tungod kay ang pagtuon kay kabahin sa _____, ako napilian isip usa sa mga partisipante.)

I have read the foregoing Informed Consent Form, or it has been read to me. I had the opportunity to ask questions, which were subsequently answered fully. I consent voluntarily to be a participant of this study.

(Akong nabasa ang nauna nga Informed Consent Form, o gibasa kini kanako. Natagaan ako og higayon nga makapangutana nga natubag sa hingpit. Ako masugot nga boluntaryo nga mahimong participant sa niining pagtuon.)

Print Name of Participant (Ngalan sa Partisipante): MEL F. V. Ponce
Signature of Participant (Pirma sa Partisipante): _____
Date: [MM/DD/YYYY] Nov. 19, 2025

If Illiterate (Kung dili makasulat ug makabasa)

If the respondent is illiterate, a witness who is literate will sign. The respondent will choose him/ her and who is without connection with the researcher or the research group to attest this undertaking. The respondent will affix his thumb print.

(Kung ang participant kay dili makabasa o makasulat, mopirma ang usa ka makabasa ug makasulat nga testigo. Ang respondent ang mopili kaniya nga walay koneksyon sa nagtuon o sa iyang grupo para mopamatuod sa ginbuhaton. Ang respondent mobutang sa iyang tamla (thumb print)).

Name and Signature of the Witness
(Ngalan ug Firma sa Testigo)

Thumb mark

APPENDIX F

PARENTS CONSENT

	MISAMIS UNIVERSITY Ozamiz City Department of Student Affairs & Services
---	--

MU-DSAS-006/02Junc2023

PARENT'S CONSENT

College of Criminology
Sponsoring Group/Organization

I am allowing my son/daughter/ward, Mary Cris F. Dizon, to join
the Data Gathering (activity) to be held on
September 2025 at Misamis Occidental under the supervision of
Dr. Jose F. Cuevas Jr. (Adviser/Faculty).

I understand that Misamis University exercises the necessary safety precautions in this activity.

In consideration of the benefits to be derived from the above activity, I expressly waive any and all claims against the administration or any member of the faculty and staff of the Misamis University on account of any unforeseen accident or injury that my son/daughter/ward might incur in connection with the aforementioned activity.

NORMA F. DIZON
Signature over printed name of
Parent/Guardian

09-09-25
Date

MARY CRIS F. DIZON
Signature over printed name of
Student

09-09-25
Date

Important: This form shall be submitted to the DSAS Office at least two (2) days before the conduct of the activity.

SUBSCRIBED AND SWORN to before me, this 21 day of MAR 2025 at Ozamiz City,
Philippines, that the herein affiant personally came and appeared with his/her _____, as evidence of
his/her personal identity.

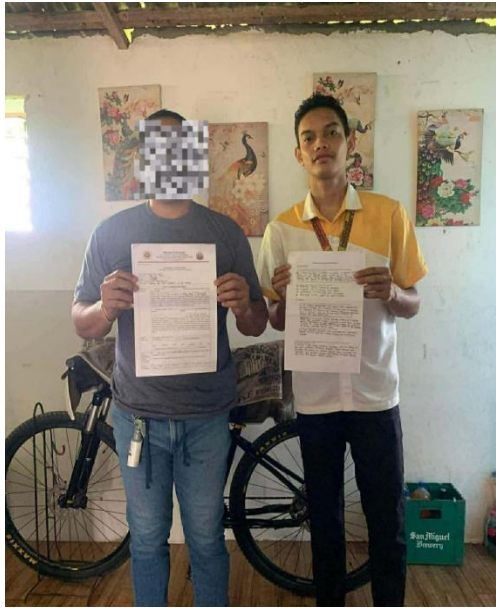
Doc. No. 131
Page No. 25
Book No. 7
Series of 2025

ATTY. MAY B. BANIAG, RMT
Notarial Commission No. 2025-18
Notary Public for Ozamiz City and Clarin
City Hall Drive, Bernad Subdivision, Aguada, Ozamiz City
PTR No. 6007761; 01/05/2026; Ozamiz City
IBP O.R. No. 576165; 12/29/2025; Pasig City
Attorney's Roll No. 70644
MCLE Compliance No. Val 0014127; Valid until 04/14/2028

Notary Public
Until _____
PTR No. _____
IBP No. _____
TIN No. _____
Roll No. _____

Appendix G

DOCUMENTATION



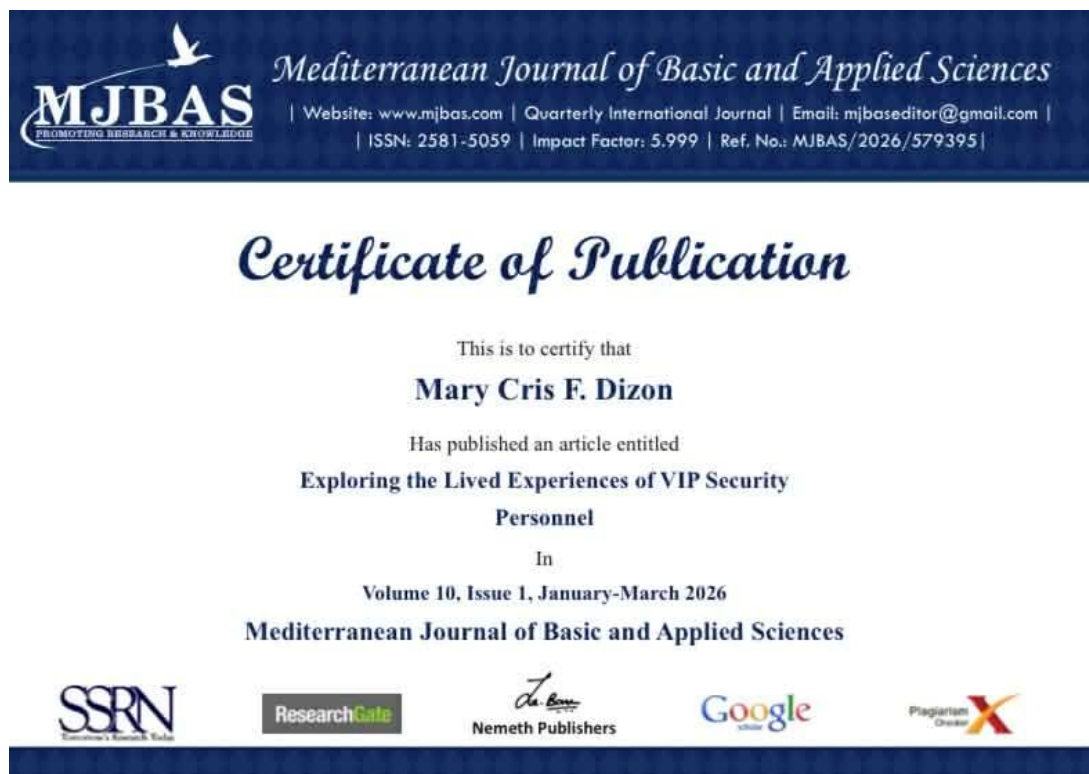
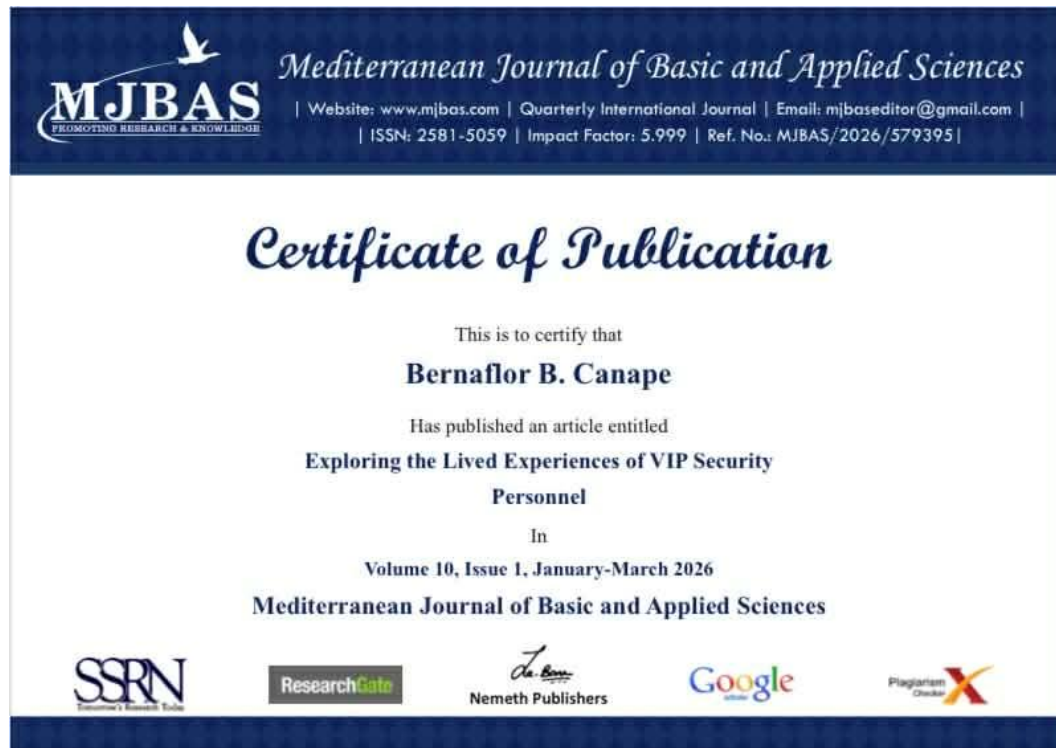
In the first photo, the participant were briefed on the study's purpose, gave consent, and were interviewed privately in person, with discussions focusing on high-stress experiences, risks, coping mechanisms, work-life balance, and support systems, all of which were recorded with permission.



In the second photo, we conducted this interview in Banadero, Ozamiz City. The participant were informed of the study's objectives, provided consent, and were interviewed in a private, and in person setting, we also recorded the response of the participant.

APPENDIX H

CERTIFICATE OF PUBLICATION



Certificate of Publication

This is to certify that

Kimberly S. Maravillas

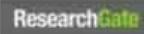
Has published an article entitled

**Exploring the Lived Experiences of VIP Security
Personnel**

In

Volume 10, Issue 1, January-March 2026

Mediterranean Journal of Basic and Applied Sciences



Certificate of Publication

This is to certify that

Keff Axel A. Arellano

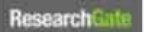
Has published an article entitled

**Exploring the Lived Experiences of VIP Security
Personnel**

In

Volume 10, Issue 1, January-March 2026

Mediterranean Journal of Basic and Applied Sciences



APPENDIX I

TURNIT IN AND GRAMMARLY TEST RESULT



Page 2 of 88 - Integrity Overview

Submission ID: tm:oid:::28447:138779707

15% Overall Similarity

The combined total of all matches, including overlapping sources, for each database.

Filtered from the Report

► Bibliography

Exclusions

► 1 Excluded Source

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Matches with neither in-text citation nor quotation marks
-  **33 Missing Quotations 2%**
Matches that are still very similar to source material
-  **2 Missing Citation 0%**
Matches that have quotation marks, but no in-text citation
-  **0 Cited and Quoted 0%**
Matches with in-text citation present, but no quotation marks

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- 7%  Internet sources
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Our system's algorithms look deeply at a document for any inconsistencies that would set it apart from a normal submission. If we notice something strange, we flag it for you to review.

A Flag is not necessarily an indicator of a problem. However, we'd recommend you focus your attention there for further review.

CURRICULUM VITAE

PERSONAL BACKGROUND

Name : MARY CRIS F. DIZON

Date of Birth : December 13, 2002

Parents : Norma F. Dizon & Francisco P. Dizon Sr.

Residence : P-5 Baybay Triunfo, Ozamiz City

Contact Number : 09773492660

Email : mirikris13@gmail.com



EDUCATIONAL BACKGROUND

College : Misamis University, Ozamiz City
H.T Feliciano St. Aguada, Ozamiz City
June 2026

Senior High School : Ozamiz City National High School
Bernad St. Lam-an, Ozamiz City
July 2022

Junior High School : Ozamiz City National High School
Bernad St. Lam-an, Ozamiz City
March 2020

Elementary : Baybay Central School
Baybay Triunfo, Ozamiz City
March 2016

TRAINING/SEMINARS ATTENDED

- Reserved Officers Training Corps
Misamis University, Ozamiz City
2022-2023
- Seminar-Workshop in Dactyloscopy
November 19, 2023
- Seminar on Police Writing
Misamis University
February 27, 2026

CURRICULUM VITAE



PERSONAL BACKGROUND

Name : KIMBERLY S. MARAVILLAS

Date of Birth : March 5, 2004

Parents : Nancy S. Maravillas & Jun M. Maravillas

Residence : P-2 Santa. Ana Aloran, Misamis Occidental

Contact Number : 09158949996

Email : kimberlymaravillas131 @gmail.com

EDUCATIONAL BACKGROUND

College : Misamis University, Ozamiz City
H.T Feliciano St. Aguada, Ozamiz City
December 2026

Senior High School : Misamis University, Oroquieta Unit
Poblacion 1, Oroquieta City
June 2022

Junior High School : St. Matthew's High School
Benito Apepe St. Dalisay, Aloran
March 2020

Elementary : Santa Ana Elementary School
Santa Ana, Aloran
March 2016

TRAINING/SEMINARS ATTENDED

- Seminar-Workshop in Dactyloscopy
Misamis University, Ozamiz City
November 19, 2023
- Reserved Officers Training Corps
Misamis University, Ozamiz City
2022-2023
- Water Search and Rescue Training

- Misamis University, Ozamiz City
December 12-16 2025

CURRICULUM VITAE



PERSONAL BACKGROUND

Name : KEFF AXCEL ARELLANO

Date of Birth : March 21, 2004

Parents : Beverly A. Arellano & Ariel Y. Arellano

Residence : P-3 Mialen Clarin, Misamis Occidental

Contact Number : 09700847469

Email : arellanodotdot @gmail.com

EDUCATIONAL BACKGROUND

College : Misamis University, Ozamiz City
H.T Feliciano St. Aguada, Ozamiz City
2022-2026

Senior High School : Clarin National High School
Poblacion, Clarin
June 2022

Junior High School : Clarin National High School
Poblacion, Clarin
March 2020

Elementary : Mialen Clarin Central School
Mialen, Clarin
March 2016

TRAINING/SEMINARS ATTENDED

- Reserve Officers Training Corps
Misamis University, Ozamiz City
2022-2023
- Seminar-Workshop in Dactyloscopy
November 19, 2023