**Guard Up: Perception of Students in Self-Defense Education**

Andrea Loraine Casandra Borro1 , Grovic Xean Caballero1 , Alexandra Mari Judan1 , Ricfloid Bryan Macalanda1 , Esther Praise Magdato1

Hilmer Fernandez2

alexandramari.judan@lorma.edu

andrealorainecasandra.borro@lorma.edu

grovicxean.caballero@lorma.edu

estherpraise.magdato@lorma.edu

ricfloidbryan.macalanda@lorma.edu

Abstract: Violence has been one of the major dilemmas we are facing ever since the beginning of time. Nowadays, there are many solutions to combat this problem and one of these is to strengthen self-defense education among educational institutions. This study aimed to discover, understand, and associate the opinions, experiences, and perceptions of students regarding the strengthening of self-defense education. Furthermore, as we are facing the Covid-19 pandemic, the researchers decided to use a descriptive qualitative type of research as they gather data from different online resources such as articles, news, and questionnaires regarding the perception of students in self-defense education to withstand violence. After gathering information, the researchers used thematic analysis to analyze the gathered data and it revealed that students are in favor of reinforcing self-defense classes in educational institutions. Most of the students have a lived experiences connected to violence, and that is one of the main reasons why strengthening self-defense education is a must in schools. Lastly, researchers recommended having a study to determine whether self-defense education should be a different course aside from Physical Education and considered as a core subject in the school curriculum. Keywords: Perception, Violence, Self-defense, Students