

**PSYCHO SOCIAL CHALLENGES OF POLICE TRAINING AND ITS EFFECTS TO PERFORMANCE: A
CASE STUDY OF NAIROBI RAILWAYS POLICE STATION (RPS)**

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ABSTRACT

This study was designed to explore the psychosocial effects of police training and development on performance, a case study of railway police station [RPS] in Nairobi County Kenya. Training activities are at the heart of employee competence and efficiency. Training is seen as a valuable tool and an investment in the organization that helps to improve performance and increase police motivation, commitment and effectiveness. The major objective of the study was to find out the impact of police training on performance. The study was guided by the following objectives: to investigate how police training address the psychosocial challenges in policing, to find out ways of improving the police training to be in tandems with ever-changing crimes, to investigate the policies guiding police training and to examine ways of addressing challenges facing police training. The study involved descriptive survey design because it gives in depth information of the respondent and the data collection will be based on use of questionnaire which will constitute both open ended and close ended questions, this will enable the researcher to come up with useful conclusions and recommendations. The reliability of the questionnaire will be ensured by careful structuring of the questions to ensure that it is simple to understand. It will consist of a sample size of 35 respondents from Nairobi Railways Police Station. The data collected will be presented and analyzed by the use of SPSS and qualitative data will be thematically coded. The findings will help in improvement of training and performance in Nation Police Service