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The Factor Analysis of the Components of the Resilience among Senior Citizens on the Continuing Exercise Behaviors

This study aimed to analyze the components of resilience related to continuing exercise behaviors among senior citizens. A total of 100 older adults were selected through accidental sampling at the Phanat Nikhom Municipality sports field, located in the district with the highest proportion of elderly in Chonburi Province. Data were collected from February 1 to March 31, 2023, by using a resilience-based instrument. Exploratory Factor Analysis with principal component extraction and Varimax rotation was employed. The results identified four components with eigenvalues greater than 1.0, accounting for 80.57% of the total variance. These components were as follow: (1) perceived competence and health goals, (2) health care planning ability, (3) support for Exercise Engagement, and (4) learning and adaptability. All variables showed factor loadings above 0.50, indicating strong contributions to resilience in sustaining exercise among older adults.

Keywords: Factor Analysis, Resilience, Senior Citizens, Continuing Exercise, Behavior

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