



Investigating Social Cohesion Among Older Adults in the Lifetime Fitness Program

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INTRODUCTION

- Social cohesion plays a vital role in promoting and sustaining participation in physical activity (PA).
- It includes key sub-dimensions such as the presence of strong social relationships, trust in others, and a sense of belonging.
- These interconnected social factors contribute to a supportive environment that encourages individuals to engage in PA.
- A strong sense of community and interpersonal connections helps individuals maintain active lifestyles over time.

PURPOSE

- To investigate social cohesion among older adults engaged in the Lifetime Fitness Program (LFP)

METHODS

Participants

- N = 16 older adults (60+ years)
 - Members of the LFP

Assessments

- Physical Activity Group Environment Questionnaire (PAGEQ).
- The PAGEQ is a 21-item (ranging from 1 “very strongly disagree” to 9 “very strongly agree”)
 - Individual Attractions to the Group—Task (ATG-T),
 - Individual Attractions to the Group—Social (ATG-S)
 - Group Integration—Task (GI-T)
 - Group Integration—Social (GI-S).

Statistical Analysis

- Descriptive statistics
- SPSS version 28.

RESULTS

Table 1. General characteristics of the sample

	n = 16
Age, years	76.3 (6.70)
Marital Status, n (%)	
Single	2 (12.5)
Married	11 (68.8)
Widowed	4 (18.3)
Race, n (%) White	16 (100)
Education, n (%)	
Some College or College	6 (37.5)
Master's	6 (37.5)
PhD	4 (25.0)
BMI, kg/m ²	25.94 (3.64)
Perceived Health, n (%)	
Excellent/very good	11 (68.8)
Good	5 (31.2)
Number of chronic diseases, min - max	0 - 1
Falls in the past 12 months, min-max	0 - 2
LFP Participation, times per week	4.12 (1.02)
LFP Years of Membership, years	8.9 (7.51)

Note: BMI: Body Mass Index

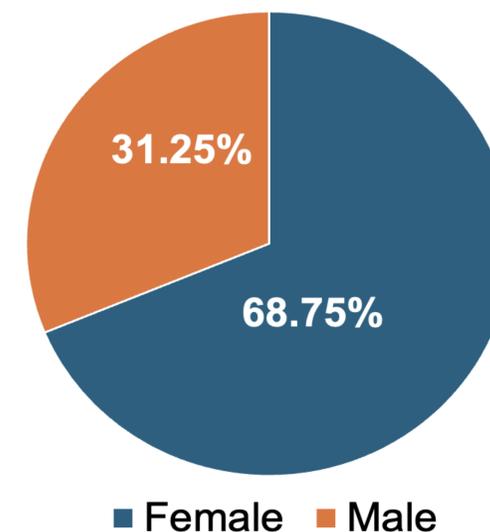
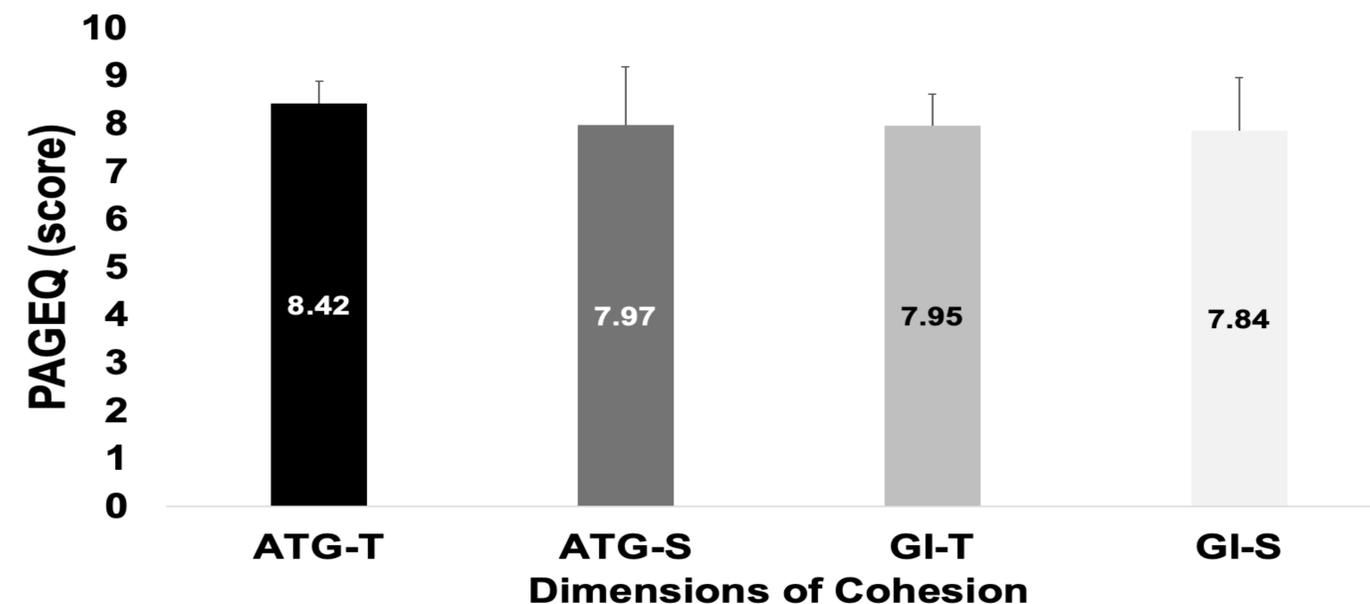


Figure 1. Mean and standard deviation values for participant-reported scores across the four dimensions of the Physical Activity and Group Environment Questionnaire (PAGEQ)



CONCLUSION

- ✓ The findings suggest a **very high** or **strong perception** of **cohesion** among older adults participating in the LFP.
- ✓ This is particularly important, as **strong group cohesion** within the context of physical activity has been associated with a wide range of benefits.
- ✓ Benefits include but are not limited to:
 - ✓ Increased adherence to physical activity programs
 - ✓ Enhanced motivation
 - ✓ Greater enjoyment and engagement
 - ✓ Strengthened social connections
 - ✓ Heightened sense of inclusivity and support
 - ✓ Improved performance
- ✓ Such outcomes emphasize the critical role of group cohesion in fostering positive experiences and sustained participation in physical activity among older adults.

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