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## Research Article

### Successful Aging and Quality of Life among Filipino LGBT Older Adults: The Moderating Role of Resilience

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## ABSTRACT

The critical role that successful aging has played on human beings to living fulfilling and meaningful lives in the midst of trials and tribulations is fast becoming noticeable. Nonetheless, there seems to be an undeniable gap in prior studies that investigates at what constitutes successful aging amongst adults in the LGBT spectrum, not to mention in the Philippine setting with its own particular cultural and social milieu. The study at hand explores the connection between successful aging and quality of life and to see whether resilience moderates such relationship amongst older adults in the LGBT group. Data were gathered from 164 respondents aged 55 and above through convenience sampling. Open-access instruments were used for this study including the Successful Aging Scale, the WHO Quality of Life-BREF (Filipino version), and the Brief Resilience Scale. Correlation and regression analyses were then performed in the study. Results showed a significant positive correlation between successful aging and quality of life ( $r = 0.55, p < 0.0001$ ). Furthermore, moderation analysis revealed that resilience enhanced this relationship ( $b = 0.14, SE = 0.04, p = 0.0005$ ). This shows the significant role of resilience as an important psychological resource that improves the favorable and positive impact of successful aging towards quality of life on Filipino LGBT older individuals.

**Keywords:** *Filipino, LGBT older adults, Quality of life, Resilience, Successful aging*

## Background

Aging comes with a lot of physical, psychological and social changes that all people have to deal with. Its significance of well-aging is even more obvious as individuals reach their

twilight years. Instead of letting the aging process judge the aging phenomenon, successful aging (SA) is a term that is used in reference of the objective of ageing of maintaining a good standard of living and overall health (Rowe &

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Kahn, 1997). All these processes must be taken into consideration when assessing the QoL of an individual in this context, such as bodily and mental health, social relationships, and surroundings (Teoli and Bhardwaj, 2023). These concepts are most tightly connected with health, social support, and life circumstances, particularly the general population of older adults. The core concept behind gerontology, as well as between the two concepts, SA and QoL, the importance of meaning in life, is highlighted in our constant struggle against aging. It is imperative to take these factors into consideration in order to understand how older individuals cope with the age-specific issues.

Quality of life and good aging becomes a much deeper interpretation to the older LGBT folks and to these identities in particular. This underrepresented community has specific barriers in the form of ageism and the social stigmatization of sexual and gender diversity. The shortage of social acceptance, isolation, prejudice affect the aging process and overall well-being of most of the LGBT elderly (Sokolec and Dentato, 2014). They are also not recognized and accepted by the LGBT and older adult communities, and they cannot find any tools to assist them in coping with their conditions because of prejudice in healthcare systems. They can also be susceptible to emotional and mental health issues because psychological pressures accompanying previous experience with rejection, stigma, and anonymity were caused. As Jurček et al. (2022) state, many LGBT older adults demonstrate unbelievable resilience, which enables them to flourish in the face of all the problems challenged by them.

The American Psychological Association (2024) considers these features to be adaptability and the ability to maintain composure in the presence of difficulty as the characteristics of resilience. This attribute has become a vital resource to the LGBT older people in coping with stress that comes with aging, such as the adverse effects of marginalization and prejudice. Individuals can build their resilience through their own coping strategies and social relationships as well as community services instead of it being an inborn characteristic (Watson and Busch, 2019). To respond more adequately to the special issues of the LGBT older

adults, it is important to understand better the role of resilience in enhancing life satisfaction and enabling healthy aging.

Even though research on SA and QoL among older adults has been done (Mallari, 2011; Teater and Chonody, 2019), the research has not focused on the experiences of LGBT older adults. The previous literature has primarily focused on cisgender and heterosexual individuals without considering the special issues of sexual and gender minority groups as they grow older. It is a sad fact that the existing aging research literature rarely does sufficient work on the problems and issues of aging well and quality of life that are distinct when the LGBT identity is factored into the problem.

This research is an attempt to address a wide gap in the body of knowledge by examining the role of resilience in relationship between SA and QoL among LGBT persons in their later years. Their resilience, which in this case can be described as the ability to positively adapt to adversity and hardship, may have great influence on the way this underrepresented group experiences the process of aging. There is also a lack of research in the interaction of resilience, effective aging, and quality of life in the LGBT community of the Philippines, although other populations have been the subject of such research.

The process of aging of the LGBT older persons in the Philippines could differ among the processes of the LGBT older persons in other populations because of the specific cultural, social, and historical context of the nation and of the specific challenges that LGBT persons in the Philippines are facing. The LGBT community in the Philippines is facing unique issues, such as bias, isolation, and struggling to gain acceptance among the kinsmen and the rest of the community (Tang and Poudel, 2018; Reyes et al., 2015). These challenges can have a very significant impact on their aging process. It is important to understand how resilience influences the quality of life and healthy aging among the Filipino population due to the cultural value attached to family and community.

Because of the variations in aging experiences across populations, the investigations on the relationship between QoL and SA have provided inconsistent and conflicting results.

According to Barrera et al. (2017), victims of suffering SA significantly reported a better quality of life than their counterparts. Similarly, a community based study of Taiwanese residents found that physically and mentally fit older adults who were also engaged in their communities were more likely to be aged successfully (Li et al., 2014). It is supported by the fact that Marzo et al. (2023) discovered that there is a positive correlation between the quality of life (QoL) and active aging, where active aging was linked to numerous aspects of QoL, including the physical environment, health services, social influence, the economy, and the behavior of individuals, among others. According to Choi et al. (2017) and other studies on the topic conducted in South Korea, quality of life is positively associated with successful aging. Further proof on the same is based on more recent investigations where it was discovered that there was an affirmative and statistically significant correlation between aging well and quality of life of elderly people in Indonesia (İlişki, 2025; Çapar Çiftçi & Aydin, 2025).

Nevertheless, there is a different body of research that sketches an entirely different picture. As regarded by a number of people as the foundational aspects of quality of life, Yu (2022) found that such demographic variables as gender, age, and socioeconomic level did not make a significant predictors of SA. Furthermore, in the study of older adults with chronic illnesses, Carver et al. (2018) observed that gender, income level, education, or housing status did not influence the SA outcomes. In addition to that, the physical aspect of productive aging, such as mobility, ability to do daily activities, the usage of medical assistance, did not exhibit a significant statistical correlation with the quality of life, as Chi et al. (2022) indicated. Due to these findings, there is no longer a belief that the economic and demographic variables are the surest means of measuring healthy aging. All the characteristics of the physical domain of the quality of life, including pollution, noise, traffic, and weather, have been mentioned but there was no significant relationship between SA and these factors, as was discovered by Ding et al. (2020).

It seems like the data has certain discrepancies, which leads to the possibility of the existence of some other factors in play that influence the correlation between SA and QoL. Specifically, psychological factors such as resilience might shed some light on the reasons why individual individuals experience a high quality of life despite the lack of the common signs of SA such as good health or large social networks. On the other hand, individuals might not invariably be poor in QoL despite manifesting to fit the classic requirements of SA; this might be due to inability to handle tough circumstances.

Resilience is one possible moderator of the SA-QoL connection that is generally conceived of as the ability to maintain or regain mental well-being in the face of stressful or challenging circumstances. The strength or skewness of the relationship between these two variables might be dependent on resilience. To identify the beneficiaries of SA and the conditions under which it applies, it is reasonable to consider resilience as a moderating factor.

This moderating role of resilience is therefore both theoretically and practically justified to research. This research will help solve this gap between prior studies and theory because it examines the significance of adaptive capability in old age. This paradigm of research would be enhanced by incorporation of resilience so that more contradictory patterns can be realized in the literature and to lead to more precise treatment to positively influence the quality of life in elderly individuals especially struggling individuals.

This research addresses a gap in the literature and demonstrates the importance of researching resilience in a population that has not been the focus of much other research in the areas of LGBT studies and aging. This type of research that seeks to gain a better insight into LGBT older adult group in the Philippines would result in culturally responsive policies and interventions that will assist the minority group to overcome adversity and lead better lives.

By identifying the significance of social and emotional resources in succeeding in later life, the study will be useful to the research of resilience and aging. This study may also benefit the elderly LGBT people of the Philippines

in the case that it results in community-based initiatives and services. Moreover, the study anticipates to be a good resource for helping professionals working with LGBT older adults in their pursuit to find effective ways in addressing their specific needs to ensure and enhance their overall quality of life as they age.

## Methods

### Study Design

A quantitative correlational research design was utilized to examine trends and patterns in the relationship between resilience and quality of life and effective aging among LGBT older individuals in the Philippines through the collected data. This design provided a normal approach to study relationships and assess the moderating role of resilience. This design enabled the researcher to look into correlations between variables without attempts to manipulate and control them.

### Study Participants

The survey involved one hundred sixty-four LGBT older Filipinos. Respondents who were recruited met the inclusion criteria and were selected through use of convenience sampling technique. In general, the standard deviation of all the samples was 4.71 (60.63 years old). The participants stated the following sexual orientations gay (61.59), transgender (17.68), lesbian (13.41), and bisexual (7.32).

### Research Instruments

The three open-access, structured questionnaires that were utilized in this study were the Successful Aging Scale, the WHO Quality of Life (WHOQOL) Scale, and the Brief Resilience Scale.

1. The 14-item effective Aging Scale (SAS), developed by Gary T. Reker, is one of the instruments that are used to assess the successful aging of an individual. The respondents answer the questions with a seven-point Likert scale, between strongly agree and strongly disagree.

Moreover, the SAS is stable and repeatable over time with a test-retest reliability of .71. This gives further support to the fact

that the scale is resilient because when administered repeatedly to the same individuals, it produces consistent results.

2. Designed to provide a brief but comprehensive assessment of the quality of life of an individual in four important fields, including physical, psychological, social, and environmental health, the WHOQOL-BREF is the short version of a Quality of Life measurement tool developed by the World Health Organization. There are 26 items in this instrument which have been carefully selected to pick some of the features of each area. It has been translated into various languages so as to make sure that the respondents are not bombarded with long questionnaire. The WHOQOL-BREF scores fairly well in terms of internal consistency at 0.91 in terms of Cronbach alpha coefficient. Due to its reliability, the instrument is effective in the measurement of the intended features of the quality of life and they generate reliable results each time.
3. The Brief Resilience Scale (BRS) measures an individual's ability to recover from stress and adversity. The scale consists of six items, each rated on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). These items assess how individuals perceive their ability to handle and bounce back from challenges, such as the statement, "I tend to bounce back quickly after hard times." The BRS has demonstrated strong internal consistency, with Cronbach's alpha values ranging from 0.80 to 0.91, indicating its reliability.
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### **Procedure**

While ensuring the preservation of the rights, safety, and autonomous choices of every participant, the researchers designed informed consent forms when planning the study. The study was performed in line with the Data Privacy Act of 2012 in the Philippines and the objectives of the study, the rights of the participants, as well as the confidentiality procedures were spelled out perfectly well in the consent forms. Informed consent was formulated and collected computerized with Google Forms.

Purposive sampling method was used in gathering data online. To initiate the research and generate credibility, the researchers have worked in cooperation with selected LGBT groups, providing formal statements like letters of intentions and study summaries. After the approval, the parameter to the questionnaire was sent to the eligible responders who met the criteria of inclusion. The involved LGBT groups were also requested to distribute the study poster and Google form on their different social media accounts. There was also an application procedure performed through various online links and spaces, such as LGBT older adult-specific Facebook communities, as well as community websites. Also, the researchers utilized their personal and peer networks to share the link to the survey with eligible subjects according to the inclusion requirements.

The informed consent of the participants was confirmed and then the surveys were filled out. Having their consent ready, the participants completed three open-access questionnaires, such as the Successful Aging Scale, the WHOQOL-BREF, and the Brief Resilience Scale. All participants filled the online surveys through the Google Forms.

The researchers were competent in approaches to both pre and post-data collection to respond to questions and clarify. Online posting of questionnaires on how the survey is complete guaranteed a secure and systematic way of collecting data.

### **Ethical Considerations**

The researcher upheld the ethical responsibilities by ensuring the confidentiality and

anonymity of all respondents. Ethical clearance was obtained from the Angeles University Foundation – Ethics Review Committee (AUF-ERC) before any data collection took place. After receiving the AUF-ERC's approval and official clearance, the researchers proceeded with gathering data from Filipino LGBT older adults.

### **Data Analysis**

Descriptive statistics were employed to initiate the process of data analysis in order to provide a high-level picture of the important variables. Before proceeding with more complicated analyses, this step allowed us to study the distributions of resilience, successful aging, and quality of life and important trends. To test the correlations between resilience, successful aging, and quality of life, we employed Spearman rho correlation rather than Pearson r since we learnt that the assumptions of normality, linearity, and homoscedasticity were not entirely met. This allowed for a more accurate assessment of the strength and direction of associations between the study variables. When significant correlations were found, despite these violations, regression and moderation analyses were conducted using SPSS macro to test predictive and interaction effects that non-parametric methods cannot evaluate. In addition, to maintain precise findings, good confidence interval and standard error were obtained through robust techniques and bootstrapping to address potential argument that assumptions were not met.

Moreover, we also applied moderation analysis to determine whether resilience mediated the relationship between the aging well and the quality of life. This study aimed to compare the moderation effects and thus it was conducted by using the SPSS macro known as the PROCESS model. In this case, the participants sought resilience as the mediator of the relationship between quality of life and successful aging, which was an independent variable. The mean-centered independent variable (successful aging) and moderator (resilience) were then used to calculate the interaction term in order to reduce the effects of multicollinearity to improve the interpretability of the interaction. In order to test whether the effect

of resilient aging on quality of life varied by levels, the regression model was modified to

include the interaction term, which was calculated as the product of the centered variables.

## Results

Table 1. Levels of Successful Aging, Quality of Life and Resilience

Variables	Mean/SD	Score	Interpretation
Successful Aging	81.94 ± 7.13	-	High
Quality of Life	16.9 ± 2.92	80.63	Good perception
Resilience	4.09 ± 0.72	-	High

In table 1, descriptive statistics showed that participants scored relatively high across all key variables; successful aging, quality of life and resilience. SAS total score was 81.94 (SD = 7.13), indicating a generally high level of successful aging among participants. In addition, the results of the WHOQOL-BREF indicated that participants generally reported positive

perceptions of quality of life. The mean score for quality of life was 16.9 (SD = 2.92), corresponding to 80.63/100. And lastly, participants demonstrated relatively high levels of resilience, with a mean BRS score of 4.09 (SD = 0.72; range = 2.33–5.00). Based on established cut-offs, this falls within the “high resilience” category.

Table 2. Correlation Analysis of Successful Aging, Quality of Life and Resilience

Variables	Successful Aging	Quality of Life	Resilience
Successful Aging	-	-	-
Quality of Life	0.55**	-	-
Resilience	0.61**	0.47**	-

Correlations analysis revealed that successful aging was positively associated with both quality of life and resilience as shown in Table 2. Spearman's rho correlations revealed that successful aging was moderately and positively associated with quality of life ( $r = 0.55$ ,  $p < 0$

.0001). While a strong positive correlation was also observed between successful aging and resilience ( $r = 0.61$ ,  $p < 0.0001$ ). In addition, resilience showed a moderate positive association with quality of life ( $r = .047$ ,  $p < 0.001$ ).

Table 3. Moderation Analysis of Resilience on Successful Aging and Quality of Life

Predictor/Simple Slope	Estimate	SE	95% CI [Lower, Upper]	Z	p-value
<b>Moderation Estimates</b>					
Successful Aging	0.16	0.04	[0.08, 0.25]	4.03	<.0001
Resilience	1.21	0.48	[0.25, 2.13]	2.54	0.0112
SA x Resilience	0.14	0.04	[0.08, 0.23]	3.51	0.0005
<b>Simple Slopes of SA</b>					
Low Resilience (-1 SD)	0.06	0.06	[-0.05, 0.17]	1.1	0.273
Average Resilience	0.16	0.04	[0.09, 0.25]	3.91	<.0001
High Resilience (+1 SD)	0.27	0.05	[0.18, 0.36]	5.71	<.0001

**Note.** Estimates and confidence intervals are based on bootstrapping with 1,000 samples.

The moderation analysis revealed a significant interaction between Successful Aging and Resilience in predicting overall quality of life ( $b = 0.14$ ,  $SE = 0.04$ ,  $p = .0005$ ) as shown in table 4. Simple slope analysis indicated that

Successful Aging significantly predicted higher quality of life at average ( $b = 0.16$ ,  $p < .0001$ ) and high levels of resilience ( $b = 0.27$ ,  $p < .0001$ ), but not at low levels of resilience ( $b = 0.06$ ,  $p = .273$ ).

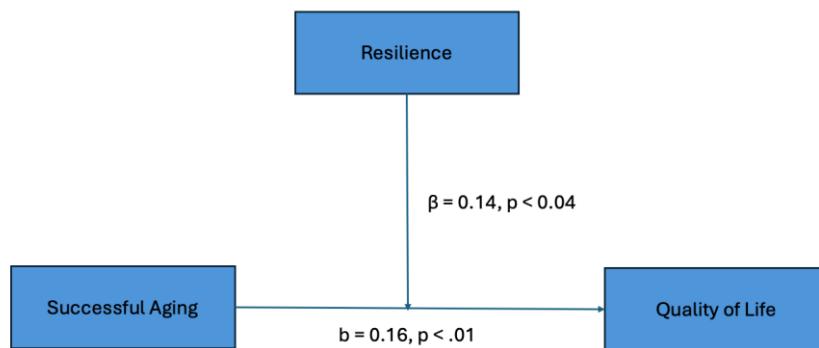


Figure 1. Moderation Model with Resilience as moderator

Figure 1 illustrates the moderating role of resilience in the relationship between successful aging and quality of life. As shown, successful aging has a direct positive effect on quality of life, and resilience independently contributes to higher quality of life. Importantly, the significant interaction effect ( $\beta = 0.14, p = 0.04$ ) indicates that resilience strengthens the positive association between successful aging and quality of life.

### Discussion

It was found that a sample of LGBT older individuals in Philippines had greater resilience, successful aging, and quality of life compared to the general population. The levels of socioeconomic and social categories were reported as high on the average, even though there could be issues in both of those fields. Specifically, the individuals were reported to have outstanding successful aging through their high continuity in the successful lifestyle, adaptive coping and participation in life as reflected by their high scores. The average was 81.94 SD of 7.13. In addition to that, they had positive perceptions in the domains of physical health, mental health, social life, and the environment, and they rated the overall quality of life high ( $M = 16.9, SD = 2.92; 80.63/100$ ). Moreover, the individuals were extremely resilient, with the mean of 4.09 with standard deviation of 0.72 depicting an incredible ability to recuperate after a disaster and cope with the unfamiliar conditions. In line with other current studies, these results put in question the old-time

deficit model of aging. The recent research has given a shift in attention away of viewing old age as a period of deterioration and discovering how older individuals could sustain or enhance their wellness with the changes. These results are consistent with the more recent studies which challenge the deficit model of aging, which largely perceives old age as a decline phase. Quite to the contrary, recent research indicates that individuals at their golden years are able to heal or even enhance the conditions in spite of all odds. Studies have established that mind-body exercises and physical activity can significantly be of benefit to older persons. It can not only enhance the physical functioning but also leads to an increase in the quality of life on the whole (Yang et al., 2024; Yen et al., 2018). In the paper by Kim et al. (2024), which focused on the topic of the Korean elderly, the role of exercise on healthy aging, independence, and social interactions was also discussed. Physical practices are also significant, yet equally essential are mind and social resources. During the COVID-19 epidemic, e.g. Yeung et al. (2021) found out that those who identified with their age possessed better adaptive coping strategies and pleasant feelings, and it is crucial to use psychological resources to cope with well-being. Similarly, it was also noted by Kim et al. (2021) that social support and resilience serve an important role in maintaining mental health in the elderly, thus suggesting that resilience can be viewed as a buffer, which enhances the quality of life when stress and suffering are present.

### ***Relationship between Successful Aging and Quality of Life***

It was also demonstrated in the results that there were strong, positive, and statistically significant relationships between resilient individuals, quality of life, and successful aging. The strong and supportive association between these parameters is evidenced by the fact that, an increase in one of the parameters would predispose the rest of them to climb up ( $r = 0.55, p < 0.0001$ ). This is an additional indication that the individuals who appreciate their success in aging as higher also consider their quality of life as higher. In this research, the quality of life in homosexual elderly people in the Philippines were higher among those who stated that they were aging well with their health, independence, and social networks. At the same time, resilience turned into a necessary educational resource that assisted the individual in terms of coping with the difficulties, stresses, and other life problems ( $r = 0.61, p < 0.0001$ ). They could grow old successfully and continue to live with high happiness due to their strength.

These are in accordance with the previous knowledge that quality of life has a stronger relationship with successful aging (Bowling and Iliffe, 2011; Astuti et al., 2025; Çapar Çiftçi and Aydin, 2025). Moreover, it is common knowledge that resilience is a very important factor in later life support. In the past, it has been demonstrated that resilience is associated with the psychological well-being levels, adaptiveness, and favorable aging processes (Trică et al., 2024; Sadang et al., 2023; Pietrzak et al., 2021; Castillo-Carandang et al., 2020). Ultimately, these findings confirm the notion that factors such as resilience and other psychological characteristics significantly influence the ageing well as compared to other factors, such as physical health and social support. Such an internal strength helps old people to conquer all challenges and hurdles, be they social, emotional, or health-associated, and keep on with life prosperity.

### ***Regression Analysis***

Also, by multiple regression analysis, resilience ( $b = 1.21, p = 0.011$ ) and successful aging ( $b = 0.16, p < 0.001$ ) were reported as using positive predictors of quality of life. Although

each of the mentioned concepts is important in itself, this finding reveals that resilience and successful aging enhance the quality of life when used in combination. Recent literature revealed that being proactive towards aging, keeping up with purposeful activities and social roles, and adaptability to challenges are effective to live a high-quality life (Oh et al., 2025; Siltanen et al., 2021; Wongsala et al., 2021; Yen and Lin, 2018). These studies provide evidence of these inferences. It happens that quality of life increases by 0.16 points as resilience increases by one point and 1.21 points as successful aging increases by one point. This is an indication that resilience and healthy aging are vital elements of determining satisfaction of life.

### ***Moderating Relationship***

The moderation analysis made possible an increased and more difficult understanding of the relationship between the research variables. It was found that the relationship between, on the one hand, a quality of life and successful aging and, on the other hand, resilience is moderated, the moderating effect of which is significant ( $B = 0.14, SE = 0.04, p < .0005$ ). More specifically, positive relations between resilient people having successful aging and having more quality of life can get stronger as the level of resilience is raised. With all these challenges, such as stigma and discrimination, family acceptance struggles, older LGBT Filipinos who are more resilient can more easily transform the benefits associated with healthy aging, such as social connections, independence, and health, into improved quality of life outcomes. These people can overcome such hurdles by maintaining a positive mindset, redefining rejection and negative experiences and seeking assistance of LGBT-affirming communities. On the other hand, good aging is beneficial to individuals with low resilience but at a lower level. In other words, resilience enables individuals to adapt positively to those stresses such as financial pressures, social stigma, or health challenges, and therefore, further enhances the positive effect of successful aging. It means that resilience has some buffering effect, as it helps LGBT older adults in the Philippines to avoid potential declines in well-being and enables

other resources to facilitate healthy aging. The importance of resiliency induction in terms of caring social circles, community programs, and personalized therapies cannot be underscored; it may dramatically increase the chances of a happy life at the elder years.

### **Simple Slope**

On the basis of the outcomes, it was evident that low, moderate, and high resilience do not have the same outcomes on good living that comes as a result of aging. Then low levels of resilience make the positive relationship between healthy aging and life satisfaction inconsequential ( $b = 0.06$ ,  $p = 0.273$ ). Even when people believe they are aging well since they are able to recover after a failure, resilience will make their lives continue to be of poor quality. Successful aging in terms of the positive effect on the quality of life is more pronounced at the average levels of resilience ( $b = 0.16$ ,  $p < 0.001$ ). Apparently, the older LGBTs in the Philippines with moderate resilience receive more reward in the assets of successful aging, including maintaining their autonomy and relations with others, which ultimately enhance their quality of life. It is at strong resilience levels ( $b = 0.27$ ,  $p < 0.001$ ) that the relationship becomes a lot more significant. As Bower et al. (2021) claim, LGBT older adults in the Philippines can age well and are resilient to increase their quality of life considerably. This strength allows them to rise above they encounter such challenges as discrimination and financial setback by seeking solutions to transform them.

This translates to the fact that resilience is the moderator between overall happiness and healthy aging. There is a positive impact of successful aging on the quality of life, and the impact increases with resilience. Such findings indicate that the LGBT older people in the Philippines are capable of living better lives by taking full advantage of the benefits of successful aging provided that they are resilient enough to overcome the challenges. This depends on the significance of resilience as a beneficial resource to boost the advantage of good aging, particularly among individuals with unique social and cultural barriers.

### **Conclusion**

The present study highlights the important roles of successful aging, quality of life, and resilience among Filipino LGBT older adults. The aging profile of the participants reflected a generally positive picture as a result of high resilience and good perceptions towards the quality of life and successful aging. Moreover, the findings demonstrated that quality of life has a low level of relationship with successful aging, and this suggests that the two concepts are affected by other factors, albeit positively associated. The conventional measures of healthy aging could overlook that there are few important areas of life satisfaction with collectivistic societies such as the Philippines where cultural factors such as spirituality, community engagement and family unity can be more important. The positive relationship between happy aging and being healthy is further enhanced by resilience. In the case of physical and environmental health, it was resilience that mediated. In the words of a layman, what makes growing old well can be described as resilience that can contribute more towards the increase in living standards. Moreover, it was also proved that even though high-quality living is always increased with aging, resilient people experience the impact of aging the most acutely. These findings can be used to underscore the significance of resilience as a protective factor among LGBT older people in the Philippines. Strength is that doing more than just keeping people in good state of mind, it improves aging methods, therefore, people can even make out of its difficulties an opportunity to get better and continue living a good life as they age.

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