SPSS output showing variance for each component from factor analysis

Total Variance Explained

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings[a]
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total
1	8.616	45.349	45.349	8.616	45.349	45.349	6.581
2	2.304	12.127	57.476	2.304	12.127	57.476	5.511
3	1.268	6.675	64.151	1.268	6.675	64.151	3.019
4	1.001	5.267	69.418	1.001	5.267	69.418	6.405
5	.790	4.159	73.577				
6	.723	3.806	77.384				
7	.598	3.145	80.529				
8	.531	2.793	83.322				
9	.504	2.652	85.974				
10	.499	2.627	88.602				
11	.416	2.192	90.793				
12	.317	1.667	92.460				
13	.269	1.418	93.878				
14	.264	1.388	95.266				
15	.209	1.099	96.365				
16	.198	1.044	97.410				
17	.190	.998	98.408				
18	.161	.845	99.253				
19	.142	.747	100.000				

Extraction Method: Principal Component Analysis.

a. When components are correlated, sums of squared loadings cannot be added to obtain a total variance.

SPSS output for component statements related to GF diet   adherence

Pattern Matrix^a

	Component 1	Component 2	Component 3	Component 4
I find it difficult to eat gluten-free foods under normal circumstances				.595
I find it difficult to cook gluten-free foods under normal circumstances				.585
I find it difficult to eat gluten-free when I have little money				.827
I find it difficult to cook gluten-free when I have little money				.824
I find it difficult to eat gluten-free when I have little time				.667
I find it difficult to cook gluten-free when I have little time				.737
I find it difficult to eat a healthy gluten-free diet	.771			
I find it difficult to cook healthy gluten-free meal	.835			
I find it difficult to eat a varied gluten-free diet	.696			
I find it difficult to cook varied gluten-free meals	.722			
I find it difficult to eat a delicious gluten-free diet	.653			
I find it difficult to cook delicious gluten-free meals	.751			
I find it difficult to eat gluten-free with products that are naturally gluten-free			.872	
I find it difficult to cook gluten-free with products that are naturally gluten-free			.819	
I find it difficult to eat gluten-free with the current range of gluten-free products in the market		-.742		
I find it difficult to cook gluten-free with the current range of gluten-free products in the supermarket		-.744		
I find it difficult to eat gluten-free with the current range of gluten-free products in restaurants/cafes		-.855		
I find it difficult to eat gluten-free when I eat with friends/family/acquaintances		-.820		
I find it difficult to eat gluten-free when the places that sell gluten-free products are far away		-.780		

Extraction Method: Principal Component Analysis.
Rotation Method: Oblimin with Kaiser Normalization.

a. Rotation converged in 10 iterations.