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BENEFITS OF VOLUNTEERING FOR MIDDLE-AGED AND OLDER ADULTS COMPARISON BETWEEN TYPES OF VOLUNTEERING ACTIVITIES

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how family structure, family history, and participating in certain social activities predict alcohol consumption and symptoms of alcoholism between ages 53 and 71. I find that having children and taking part in two particular social activities (meeting friends and group exercise) are associated with problematic drinking behavior. Moreover, religious participation and ever living with alcoholics were associated with reporting negative alcohol consequences, but not with alcohol consumption itself. These findings contextualize the increasing rates of alcohol abuse among older adults.

SPORT INVOLVEMENT AMONG MIDDLE-AGED AND OLDER ADULTS WITH ARTHRITIS: MOTIVATIONS AND CONSTRAINTS TO PARTICIPATION

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Although participation in physical activity is recommended for adults with arthritis, research indicates individuals often stop participating in sports and physically active leisure due to the pain and symptoms associated with arthritis (Wilcox et al., 2006). Examining a group of older adults with arthritis, the present study examines motivations and constraints related to participating in sport and physically active leisure as well as how they negotiate constraints. Data (N=1203) were collected through an online questionnaire of adults aged 50 and older in the United States. This study includes individuals reporting a diagnosis of some form of arthritis (n=288; M age = 64.8, SD = 8.08). Approximately 32% self-reported participation in sport in the past 12 months. Descriptive statistics were conducted to explore motivations and constraints to sport involvement. Regressions were run to determine whether constraints and motivations explained adults' functional mobility and social wellbeing. The most commonly identified motivation for participation was for health purposes (80.2%). Constraints to participation included not being in good enough shape (51.9%) and not having others their age with whom to participate (47.4%). The most commonly identified constraint negotiation was to budget money (51.4%); this is not surprising since sport participation was perceived as expensive (41.3%). Motivations ($p < .01$) and constraints ($p < .001$) significantly predicted functional mobility; constraints significantly predicted some aspects of social wellbeing (i.e., coherence, contribution, actualization; $p < .05$) while constraint negotiation predicted social acceptance ($p < .05$) and integration ($p < .001$). Discussion will include implications and strategies for agencies and professionals who work with adults who have arthritis.

THE STRESS-BUFFERING EFFECT OF DAILY PHYSICAL ACTIVITY ON NEGATIVE AND POSITIVE AFFECT

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Previous studies show that physical activity is beneficial for emotional well-being. This study extends prior research by examining whether engagement in physical activity moderates the association between daily stressor severity and daily emotional well-being. We used data from the second wave of the National Study of Daily Experiences, a sub-project of the Midlife in the United States (MIDUS) study. Respondents (N = 1,851; ages 33 to 84) reported their daily experiences across eight consecutive days. Multilevel models explored concurrent and lagged interaction effects between daily stressor severity and physical activity on negative and positive affect and whether these associations differed by age. Physical activity was measured by engagement in vigorous physical activity for at least 30 minutes. Results showed significant interactions between stressor severity and physical activity on same-day negative and positive affect. Specifically, stressor severity was associated with smaller elevation in daily negative affect on physically active days ($b = 0.08$, $p < 0.001$) compared to non-active days ($b = 0.11$, $p < 0.001$). Reductions in daily positive affect were greater on physically inactive days ($b = -0.11$, $p < 0.001$) compared to active days ($b = -0.08$, $p < 0.001$). These associations did not differ by age, but additional findings revealed that stressor severity was associated with greater elevation in negative affect among younger respondents ($b = 0.12$, $p < 0.001$) than older adults ($b = 0.10$, $p < 0.001$). These results highlight the importance of engagement in physical activity for emotional well-being under stressful situations in daily context.

SESSION 2955 (POSTER)

SOCIAL NETWORKS AND SUPPORT I

BENEFITS OF VOLUNTEERING FOR MIDDLE-AGED AND OLDER ADULTS: COMPARISON BETWEEN TYPES OF VOLUNTEERING ACTIVITIES

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More middle-aged and older adults are often encouraged to volunteer (Gray et al., 2012). However, the effects of various volunteering activities on physical, psychological and cognitive health remain unknown. This study thereby aims to investigate such effects and the moderating effect of age in such associations. Data of 501 middle-aged and older Hong Kong Chinese adults (Mage = 53.06, SD = 4.55; and Mage = 70.46, SD = 7.34, respectively; range = 45 – 96) from a survey on Adult Development and Aging were analysed. Engagements in instrumental (e.g., food preparation, fundraising) and cognitively demanding volunteering (e.g., counselling, mentoring), hand-grip strength, life satisfaction, depressive symptoms, and cognitive functioning were measured. Factorial ANOVA revealed significant main effects of age group and volunteering type ($F = 29.71$, and $F = 3.96$, respectively, $ps < .001$), and an interaction effect of age and volunteering type ($F = 1.80$, $p = .03$) on health outcomes. Comparisons among the four volunteering types (no volunteering, instrumental volunteering, cognitively demanding volunteering, and both types) revealed that individuals engaging in cognitively demanding volunteering

had better hand-grip strength, life satisfaction, and cognitive functioning, and lower depressive symptoms than those who engaged in instrumental volunteering (all p s < .05). The health outcomes of instrumental volunteering were even worse than those who did not volunteer at all. These patterns were more prevalent in the middle-aged adults than in the older adults. Findings of this study indicated the beneficial effects of cognitively demanding volunteering, providing valuable directions for future programs on volunteering.

COMPANIONSHIP WITH FAMILY, FRIENDS, AND NEIGHBORS IN LATER LIFE

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Companionship with close others are known to have a significant positive effect on our well-being in later years of life. At the same time, it is known that the frequency of meeting and chatting with others, an indicator of companionship, declines as we age. In this study we explore the situation of companionship among older-old and oldest-old people. The focus of this study on understanding how the aging process affects the experience of companionship and how people adapt to the loss of companionship. Semi-structured, in-depth interviews with 43 people aged 75 and older living in urban communities in Kawasaki, Japan. Participants were asked about everyday interactions with close others and feelings they experienced at the time. Interviews were transcribed and analyzed qualitatively. Chatting, going out for lunch or dinner, and going shopping were examples of activities older Japanese enjoyed with close others. Almost all respondents mentioned the loss of their old friends and siblings. They also mentioned that the decline in their physical and cognitive health, as well as that of their companions hindered shared activities they used to enjoy. They cherished positive interactions with others, although the frequency declined. Some respondents intentionally made new companions in the physical proximity, but it was hard to compensate for the loss of old companions with new one. These findings suggest that the value of companionship remains or even increase as we age. It would be important to identify environmental or social factors that may prevent the loss of companionship among older adults.

INNOVATIVE EXPERIENCES AT WORK SUPPORT HIPPOCAMPAL MAINTENANCE IN LATE LIFE

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Prior research has demonstrated the positive impact of occupational complexity on cognitive aging, however, neural underpinnings remain unclear. There is emerging evidence linking midlife managerial experience to slower hippocampal atrophy (Suo et al., 2012, 2017), supporting the brain maintenance model (i.e. preservation of young-like brain structure). However, occupational complexity, along with education, is known to be a proxy of cognitive reserve (i.e. mind's resistance to brain aging). The current study examined the influence of midlife work environment factors

(i.e., autonomy, control, and innovation; Work Environment Scale, Moos, 1981) on change in hippocampal thickness, while controlling for education and age. We studied 150 participants (60-78 years, $M = 66.27$, $SD = 5.20$, 61% female) from the Seattle Longitudinal Study who had at least one MRI scan and remained cognitively normal between 2006 and 2014. Hypotheses were tested using multilevel modeling in Mplus; gender differences were examined. There was no substantial drop in model fit as a result of adding any of the significant effects. Innovation at work slowed the decrease in hippocampal thickness over time demonstrating the protective effect of more novelty, variety and change in work activities. There was a significant age by gender interaction, such that the decrease in hippocampal thickness was stronger for older women. Together, findings suggest that long-term impact of work environment on the hippocampus extends beyond the effects of education, particularly in men, supporting the brain maintenance hypothesis. Innovation at work should be considered in understanding protective/risk factors in hippocampal atrophy in older age.

OCCUPATIONAL FUTURE TIME PERSPECTIVE MEDIATES AGE DIFFERENCES IN CONFLICT STRATEGIES

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Building on the theoretical framework of socioemotional selectivity theory (Carstensen, 2006), this presentation reports the findings of two studies conducted in Hong Kong Chinese workers to examine whether occupational future time perspective (OFTP) can account for the age differences in conflict strategies. Study 1 is a cross-sectional study with 416 working adults completed an online survey on conflict management ($M_{age}=39.1$ years, $SD=12.1$), and Study 2 is a laboratory study with 123 workers ($M_{age}=40.1$ years, $SD=12.1$) indicated their behavioural responses after watching hypothetical workplace conflict videos. In both studies, five conflict strategies (integrating, compromising, obliging, avoiding, and dominating) and OFTP (focus on opportunities and focus on limitations) were assessed. Parallel mediation analyses were performed. The results of Study 1 showed that both focus on opportunities and focus on limitations mediated the effects of age on obliging ($b = -.006$, $SE=.002$; and $b = .006$, $SE=.002$, respectively), avoiding ($b = -.005$, $SE=.002$; and $b = .008$, $SE=.002$, respectively), and dominating ($b = -.014$, $SE=.003$; and $b = .009$, $SE=.002$, respectively). Focus on opportunities could only account for the effects of age on integrating and compromising. The results of Study 2 showed that only focus on limitation could account for the age variations in the use of avoiding ($b = .196$, $SE = .058$) when facing intergenerational conflicts. The findings of this project reveal that the age-related focus on limitations increases older workers' likelihood to utilize maladaptive conflict strategies, such as dominating and avoiding, to deal with conflicts occurred in the workplace.

RETHINKING SOCIAL RELATIONSHIPS: THE DIFFERENTIAL INVESTMENT OF RESOURCES MODEL OF SOCIAL DEVELOPMENT

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