and why it predicts how well they actually age.

Touron and Hughes found that momentary fluctuations in physiological stress in late-midlife adults’ daily lives. Finally, Data attest to the relevance of daily experiences for subjective age. In a similar approach, Tingvold and colleagues show the relationship of momentary subjective age with subjective and enjoyment. Together, the findings show that innovative perspectives and research designs are needed to understand how people respond to the question “How old do you feel” and why it predicts how well they actually age.

**SESSION 2740 (SYMPOSIUM)**

**INTERDISCIPLINARY PUBLIC POLICY DISCUSSION SESSION**

Chair: George Taffet Discussant: Brian Lindberg

This interactive session is an interdisciplinary look at policy issues in aging with the speakers representing the four sections of GSA, ESPO, and AGHE. This session, organized by the GSA Public Policy Advisory Panel, will provide both GSA section leadership and attendees an opportunity to have an open dialogue on important public policy issues of significance in the field of aging.

**SESSION 2750 (SYMPOSIUM)**

**HOW OLD DO YOU FEEL? CONSIDERING THE CONTEXTS, DYNAMICS, AND ASSESSMENT OF SUBJECTIVE AGE**

Chair: Anna Kornadt Co-Chair: Jennifer Bellingtier

How old people feel is a highly effective predictor of later life health and well-being. Despite a wealth of research, the developmental dynamics of the construct as well as its antecedents and consequences are not well understood. Our symposium brings together research that models dynamic trajectories in subjective age over long- and short periods of time and links it to psychological constructs and objective indicators of health and functioning. First, Weiss and colleagues present longitudinal findings of subjective age trajectories in a lifespan sample that highlight the reciprocal dynamics between subjective age and social contexts. Bellingtier and colleagues link the age people feel on a daily basis to the age people want to feel and find that when people felt closer to the age they desired, their affect was more positive. Rupprecht and colleagues measured subjective age as well as affect, stress and physical activity on 21 consecutive days. Data attest to the relevance of daily experiences for subjective age. In a similar approach, Tingvold and colleagues show the relationship of momentary subjective age with subjective and physiological stress in late-midlife adults’ daily lives. Finally, Touron and Hughes found that momentary fluctuations in subjective age are associated with current task engagement and enjoyment. Together, the findings show that innovative perspectives and research designs are needed to understand how people respond to the question “How old do you feel” and why it predicts how well they actually age.

**SESSION 2750 (SYMPOSIUM)**

**I WISH I MAY, I WISH I MIGHT FEEL THE AGE I WISH TONIGHT**


Subjective age has traditionally been considered by comparing felt age to chronological age, with those who feel younger reporting more adaptive developmental outcomes. Here we consider a new approach: subjective age discordance, which compares felt ages to the ideal ages of participants. Across eight study days, 116 older and 107 younger adults reported their daily felt and ideal ages. On the majority of days, both older and younger adults idealized ages younger than they felt. The opposite pattern, idealized ages older than felt ages, was rare and primarily seen in younger adults. Days when felt ages were less discordant from ideal ages were characterized by higher levels of positive affect than days with greater subjective age discordance. These findings suggest that positive developmental outcomes can occur not only from feeling younger, but through a greater alignment of ideal and felt ages.

**THE DYNAMIC NATURE OF SUBJECTIVE AGE ACROSS THE LIFE SPAN**

David Weiss, Martin-Luther-University of Halle-Wittenberg, Halle, Sachsen-Anhalt, Germany

A large body of research has confirmed that from childhood to old age most individuals feel significantly younger or older than their chronological age. Up to now, however, there is no clear theoretical understanding as to why younger adults tend to feel on average older and older adults tend to feel on average younger. We adopt a motivated social-cognition perspective on subjective age and examine age-differential antecedents and correlates of subjective age across the adult life span. Results from a cross-sectional study (N = 1652, 18-84 years) and a 9-month longitudinal study (N = 814; 18-84 years) highlight the dynamic link between subjective age bias and individual (motivation and emotion) as well as social factors (social comparison, meta stereotypes). We discuss the role of reciprocal dynamics between individuals and social contexts in explaining why individuals adopt a younger or older subjective age.

**FEELING YOUNG TODAY, FEELING GOOD TOMORROW? MICROLONGITUDINAL DYNAMICS IN SUBJECTIVE AGE**


Insights into the short-term dynamics and microlongitudinal consequences of subjective age can drive our understanding of its long-term mechanisms across adulthood. Using data from 80 newly retired individuals (aged 59 to 76 years; 59% women) collected on 21 days, we...