SOLITUDE LINKS WITH INDIVIDUAL AND RELATIONAL WELL-BEING: EVIDENCE FROM DYADIC DAILY LIFE ASSESSMENTS

Elizabeth Zambrano Garza\textsuperscript{1}, Rachel Murphy\textsuperscript{1}, Maureen Ashe\textsuperscript{1}, Kenneth Madden\textsuperscript{1}, Denis Gerstorf\textsuperscript{2}, Christiane Hoppmann\textsuperscript{1}, and Theresa Pauly\textsuperscript{3}. \textsuperscript{1} University of British Columbia, Vancouver, British Columbia, Canada, \textsuperscript{2} Humboldt University of Berlin, Berlin, Berlin, Germany, \textsuperscript{3} Simon Fraser University, Vancouver, British Columbia, Canada

Solitude, defined as physical aloneness or the absence of social interactions, has been associated with both positive and negative outcomes. Older adults spend a significant amount of their waking time by themselves (exacerbated during the pandemic), but they may be better equipped to regulate the negative emotions that are often linked with being alone. Additionally, solitude may provide a balance between social connectedness and autonomous needs. Using pandemic, end-of-day daily diary data across 10 days from 136 older Canadian adults and a close other of their choice (59% spouses, M = 66.49 years, SD = 13.26 range: 18-87 years, 88% White, 62% women), this project aims to examine associations of actor and partner solitude with relationship quality and daily affect. Multilevel models revealed that participants who reported more voluntary solitude experienced more daily positive affect and those who reported more negative solitude experienced both more negative affect and less positive affect at both daily and overall levels. We also found daily partner effects such that more voluntary solitude of the partner was associated with less actor negative affect and negative solitude of the partner being associated with less actor positive affect and more negative affect over and above actor effects. Finally, when partners reported more voluntary solitude, participants reported higher relationship support. Findings shed light on the benefits and drawbacks of how solitude is experienced in older adulthood, highlighting the influence social partners affect quality and relationship satisfaction.
Active Engagement After Retirement

Chair: Dannii

Abstract citation ID: igad104.1061

SESSION 3280 (SYMPOSIUM)

Retirement has been shown to accelerate the declines in cognitive functioning than those without work. Similarly, the physical and mental health (Dave et al., 2008) and cognitive (Celidoni et al., 2017; Xue et al., 2018) due to the identity disruption and removal of a cognitively simulating environment after leaving the workforce. This necessitates the search for continuity in their preretirement job (Burkert & Chung, 2016; Xue et al., 2018) and at times as calming (positive solitude). The use of machine learning and natural language processing (NLP) has been used to distinguish experiences of loneliness (and its negative health implications) by using brief reports from positive solitude in social media data (e.g., tweets).

NLP has been used to distinguish experiences of loneliness from everyday lives? The present study uses 1,546 thought samples collected from 133 adults aged 18-85 (M = 49.6 years; 73% female) at moments when they were alone over a 1-3 week period; participants reported their current thoughts (open-ended) and affective states (lonely, calm) at each as they describe their moments of aloneness. How effective might such NLP techniques be for classifying participants’ actual reported affective states, these classifications when describing their thoughts. When compared against par (and its negative health implications) by using brief reports (open-ended) and affective states (lonely, calm) at each as they describe their moments of aloneness. How effective might such NLP techniques be for classifying participants’ actual reported affective states, these classifications when describing their thoughts. When compared against par.

Innovation in Aging, 2023, Vol. 7, No. S1