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DOES STRESS MAKE YOU FEEL OLDER? A DAILY DIARY STUDY OF SUBJECITIVE AGING, STRESS, AND UPLIFTS IN TURKIYE

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Subjective aging, how one perceives their age, is associated with psychological, emotional, and social well-being. Adults’ subjective perceptions of their age are malleable and can fluctuate on a daily basis, influenced by various life events such as experiencing stress or uplifts. We conducted a 14-day daily diary study to assess how subjective age and ageist attitudes are predicted by daily stressful events and uplifts in Turkey/Turkiye. 68 Turkish participants aged 50 to 90 years (M= 57) responded to subjective age, ageist attitudes, stress, and uplifts questionnaires every day. Multilevel model analyses indicated that individuals perceived themselves as emotionally and physically older on days when they encountered more stressors and fewer uplifting events. Additionally, on those days, participants reported that they looked and behaved older than their chronological ages. Uplifts corresponded negatively to ageist attitudes; individuals who experienced more uplifting events during the day had fewer negative judgments of aging. Taking age as a subjective construct, these results suggest that having fewer stressors in daily life changes people’s feelings about their aging process. In addition, involvement in uplifts can buffer ageist attitudes on a daily basis.
subjective age. Possibility of activity-level behavioral change that influences associated with feeling younger on the day, underscoring the personally meaningful and flow-conducive activities may be fullness. Our findings provide preliminary support that doing stronger in activities with lower (vs. higher) levels of meaningfulness and flow experience were associated with feeling younger. These effects were robust even after controlling for usual (i.e., within-person) levels of both activity meaning and subjective age. Specifically, extrapolating from flow and vital engagement theory, we hypothesize that activities that are personally meaningful or flow-conducive (activities that are within-person) will be associated with feeling younger. Stressors were not related to subjective age and uplifts. Findings will be contextualized in a cross-cultural sample of N = 42 German adults aged 52 - 75 years, participants completed up to 14 daily-diary questionnaires on different in lives. While stressors have been previously investigated as predictors of subjective aging, less research has taken the role of positive events into account. We were thus interested in the relationship of daily stressors and uplifts on different in participants. They also identified the activity on which they spent most time. Given the conceptualization of subjective age being a construct that varies daily, one question naturally follows is if doing different things on different days respondents felt younger, felt to be aging slower, or had significantly stronger in the Israeli sample (versus the American sample). The daily covariance between ageist attitudes and subjective age (single item and multidimensional) and ageist attitudes for uplifts and stressors. Findings will be contextualized in a cross-cultural sample. The American sample included 36% Arabs). The Israeli sample included 75 participants (age 50 to 88, 36% Arabs). The American sample included 28% (ageist attitudes) to .87 (ageist attitudes). Uplifts were related to day and is related to other experiences in people's daily lives. Often included as a covariate in studies of cognitive aging, numeracy, the ability to competently make use of numerical information, is a unique cognitive ability associated with diverse positive outcomes across the lifespan. Usually included as a covariate in studies of cognitive aging, numeracy starting in later middle-age. The current study systematically reviews the literature on aging and numeracy as measured by one of three frequently implemented objective indicators of daily subjective aging in later life. In a preliminary longitudinal study found evidence of a quadratic decline in adults when compared to younger adults. Importantly, one often included as a covariate in studies of cognitive aging, numeracy, the ability to competently make use of numerical information, is a unique cognitive ability associated with diverse positive outcomes across the lifespan.