

growing number of older adults in contemporary Japanese society report feeling lonely. Thus, the well-being of Japan's aging population is a major concern. While the negative effects of loneliness on perceived well-being (e.g., happiness) in later life have been well documented in western nations, relatively little is known from a Japanese context. Thus, we utilized a sample ($n = 258$) of urban community-dwelling Japanese adults age 65 years and older from the 2012 Survey of Mid-Life in Japan (MIDJA) to examine the association between happiness and loneliness. Consistent with findings from western nations, we identified strong links between happiness and loneliness in Japan. Results from ordinal logistic regression models showed that loneliness ($OR = 0.80$, $p < 0.05$) was negatively associated with happiness even after accounting for sociodemographic characteristics. Additionally, this study examined relevant demographic and cultural characteristics in order to contextualize the findings and identify possible explanations. For example, the cultural importance of family ties and gendered family roles was discussed in relation to the likely impact that increased levels of loneliness will have on the well-being of older Japanese adults. In sum, if the well-being of Japan's rapidly aging population is to be maintained (or possibly even enhanced), then the growing societal issue of loneliness must be addressed.

LONGITUDINAL RELATIONSHIPS BETWEEN RESOURCES, MOTIVATION, AND ENGAGEMENT IN COGNITIVELY DEMANDING ACTIVITIES

Claire Growney,¹ and Thomas M. Hess,¹ 1. *North Carolina State University, Raleigh, North Carolina, United States*

Selective Engagement Theory (SET; Hess, 2014) suggests that decreases in personal resources and increases in the costs associated with activity engagement in old age negatively influence the motivation to engage in cognitively demanding activities. Here we explore these ideas longitudinally including a wide range of personal resources (cognitive ability, physical health, emotional health, and sensory functioning), with the expectation that emotional health might be a particularly important resource for older adults given its relative preservation with age. Young ($n=125$; age 19-42 at Time 1) and older adults ($n=183$; age 60-85 at Time 1) were tested from two to five times between years 2010 and 2016. Resources, motivation, and self-reported activity engagement (VLS Activity Questionnaire) were assessed at each time point. Using multi-level structural equation modeling, we found that changes in emotional health and sensory functioning predicted changes in motivation to engage in cognitively demanding activities. Additionally, increases in motivation predicted increases in engagement in cognitively demanding activities (e.g., technical, developmental), but decreases in less demanding activities (e.g., TV watching). Lastly, motivation partially mediated the relationships between emotional health and these activities, as well as between sensory functioning and engagement in technical activities. Results provide support for SET, demonstrating associations between changes in resources, motivation, and engagement in activities that are particularly demanding of cognitive resources, with the strength of these relationships being stronger in older than in young adults. Our results suggest that emotional resources may be particularly influential in determining the motivation for activity engagement in later life.

THE INFLUENCE OF EMOTIONAL IQ ON THE LAGGED RELATIONSHIPS BETWEEN MOMENTARY PAIN AND AFFECT IN OLDER ADULTS

Shelley E. Condon,¹ Brian Cox,² Dylan M. Smith,³ and Patricia A. Parmelee,¹ 1. *The University of Alabama, Tuscaloosa, Alabama, United States*, 2. *Alabama Research Institute of Aging, Tuscaloosa, Alabama, United States*, 3. *Stony Brook University, Stony Brook, New York, United States*

Emotion regulation is influenced by stage of life and time perspective (Carstensen, 1992), with older adults placing greater emphasis on optimizing positive moods and repairing negative ones. Recently, there has been growing interest in emotional intelligence (EI) as a broad indicator of these mood regulation processes. Multiple cross-sectional studies have examined EI, pain and affect in older adults with chronic pain; however, little research has addressed these relationships in temporal context. The current microlongitudinal study addressed this gap by examining (1) lagged relationships between momentary pain and affect, (2) main effects of emotional intelligence (mood attention, clarity and repair) on those relations, and (3) the moderating role of EI on lagged relationships between pain and affect. Three hundred twenty-five older adults (mean age = 63.9) with knee osteoarthritis completed in-person interviews and received four phone calls daily (random within 4-hour blocks) for one week. Multilevel models examined the predictive value of affect from the previous call on current pain, and vice versa, controlling for sociodemographic variables. Across all outcomes (positive affect, negative affect, pain), a significant main effect was found for mood clarity and repair, but not attention. However, EI did not moderate lagged associations between momentary pain and affect. Average pain (across the 28 calls) significantly predicted momentary negative affect, and vice versa. Thus, while emotional intelligence is significantly related to momentary mood states, it does not appear to be related to momentary pain. Implications and ideas for future research are discussed. (R01-AG041655, P. Parmelee & D. Smith, Co-PIs)

RETIREE'S MEMORIES OF WORK LIFE AND WELL-BEING AFTER RETIREMENT: A QUALITATIVE INQUIRY

Tina Hahnel,¹ Sabine Hommelhoff,¹ and Hsiao-Wen Liao,² 1. *Friedrich-Alexander University, Erlangen-Nürnberg, Germany*, 2. *Stanford University, Stanford, California, United States*

Reminiscence research has grown immensely in the past 30 years. Yet, research on personal memories of work lives is lacking. This is surprising because work is a crucial aspect of many people's lives and an important life story chapter (Thomsen, Pillemer, & Ivcevic, 2011). Part of a larger project, the present qualitative study aimed to understand (1) what retirees remember about their work lives and (2) whether and how retirees tie those memories to their current well-being. Six in-depth interviews on lives before and after retirement (4 women and 2 men with different careers, age range 65 to 87 years) were conducted and transcribed verbatim. Findings of a thematic analysis (Braun & Clarke, 2006) revealed that participants reported both big and small stories. They first narrated landmark events (e.g., job loss after the Fall of the