

activities (e.g., active leisure, prosocial activity, socializing, etc.), in addition to investigating the relationship between later life control diversity and subjective well-being. In the third presentation, Kelsey Finley explores Aristotle's concept of the golden mean (an ideal state between deficiency and excess) for the number of hours spent in prosocial work on momentary well-being outcomes. In the fourth presentation, Jeanne Nakamura examines the relationship between global meaning in life and meaningful engagement in the moment, illuminating variation in this relationship through a comparison of the prosocial leaders and high-commitment volunteers.

#### **MOMENTARY SUCCESSFUL AGING INDICATORS AND THEIR SHORT-TERM AND LONG-TERM COVARIATES**

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Studies on successful aging have conceptualized it as a between-person construct, meaning that people's aging process is seen as more or less successful than others' across contexts. This study examines within-person, moment-to-moment successful aging indicators, such as (absence of) physical pain, good physical and cognitive functioning, and active engagement in social and productive activities, and their relations to one-time well-being indicators (affective balance, psychological needs satisfaction, meaning in life, and satisfaction with life) at the time and one year after. Multilevel modeling on experience sampling data revealed that successful aging varied substantially (over 50% total variances) within-person and was positively associated with well-being. This study illustrates the utility of momentary successful aging indicators and advocates for a more nuanced understanding besides a simple classification of older adults undergoing "successful" or "normal" aging processes.

#### **THE DYNAMICS OF CONTROL: INVESTIGATING THE EFFECT OF CONTROL DIVERSITY ON SUBJECTIVE WELL-BEING IN LATER LIFE**

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Recent advancements in research on control beliefs have enabled the assessment of inter-individual differences in its intra-individual variability via a measure of control diversity. However, past research has focused on control diversity in relation to daily stressors. Among a sample of prosocial exemplars, this experience sampling study investigates control diversity across general daily activities and explores its relationship with subjective well-being. Participants indicated the activity they were primarily involved in, the extent to which they felt in control over the situation, and levels of positive and negative affect each time they were signaled; satisfaction with life was measured using a one-time survey at the end of the study. Results from multilevel structural equation modeling suggested that control diversity did not significantly predict positive or negative affect, or satisfaction with life. The study points toward the lack of association between control diversity and subjective well-being and highlights future directions for research.

#### **IDEAL LEVELS OF PROSOCIAL INVOLVEMENT IN RELATION TO MOMENTARY AFFECT AND EUDAIMONIA: EXPLORING THE GOLDEN MEAN**

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Aristotle believed that happiness and success result from cultivating virtue at the mean between deficiency and excess - the golden mean. Some evidence suggests there is a golden mean of hours spent volunteering, where well-being benefits are maximized. Our study examined potential linear and nonlinear functions in the amount of time spent in prosocial work (PSW) in a day on the outcomes of eudaimonia, high arousal negative affect, and high arousal positive affect in a sample of high-commitment volunteers and prosocial leaders. In addition to nonlinear functions, interactions were explored. For example, we found that those who spend less time per week in PSW experience less negative affect when they spend more hours per day in PSW; however, those who spend more time per week in PSW experience more negative affect when they spend more hours per day in PSW. Additional findings for positive affect and eudaimonia will be discussed.

#### **MEANING IN LIFE AND MEANINGFUL ENGAGEMENT IN THE MOMENT: LIVES OF PROSOCIAL LEADERS AND VOLUNTEERS**

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Recent years have seen growing interest in older adults' sense of meaning in life, a core dimension of eudaimonic well-being throughout adulthood that has been associated in later life with reduced morbidity and mortality. Currently, the relations between this global sense of meaning in life and the experience of meaningful engagement in the moment remain largely unexplored, particularly in later lives that are distinguished by high levels of meaning. Multilevel analysis of ESM data from prosocial leaders and volunteers indicated that feelings of meaningful engagement fluctuated in daily life for both groups, even while questionnaire data showed that global sense of meaning in life was high. Examining basic sources of fulfillment (e.g., sense of relatedness) revealed type of involvement (leadership vs. volunteerism) affected the source(s) of fulfillment that connected meaning at the global and momentary levels. Implications for theory, research, and applied work on meaning and prosocial commitment are discussed.

#### **AGING IN AN INCREASINGLY TECHNOLOGY-BASED SOCIETY: PAST, PRESENT, AND FUTURE**

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While it took over 70 years for the telephone to reach 50% of U.S. households, it took only 14 years for the cell phone, and 6 years for the MP3 player. Aging takes place in the context of a rapidly evolving technological landscape. What are the implications of such radical and rapid changes for how we age? And how can existing and emerging technologies help support aging adults' health, wellbeing, social connectivity, and cognition? This talk will explore these