

(pain and comorbidity)? and 3) Does the isolation from family members and friends differ in explaining sleep quality? We analyzed data from the 2014 wave of the China Longitudinal Aging Social Survey (CLASS), in which 7,597 respondents (aged 60-98) had complete information on measures of sleep quality (self-rated sleep difficulty), social isolation (using the Lubben Social Network Scale), and other analytical variables. Logistic regression models were estimated to predict the risk of sleep difficulty and Karlson-Holm-Breen (KHB) decomposition method was employed to test potential mediating effects. Results showed that social isolation, both family and friendship isolation, was significantly associated with higher risks of having sleep difficulty. The adverse effect of family isolation was found to be stronger than that of friendship isolation. Although both mental disorders and physical impairments mediated significant shares of associations between social isolation and sleep quality, physical impairments explained a lesser extent of them than mental disorders. These findings will be helpful for health policymakers and practitioners to design effective intervention strategies to help older adults with sleep problems.

Session 4560 (Symposium)

FROM DAY TO DAY TO YEAR TO YEAR: DEVELOPMENTAL ANTECEDENTS AND OUTCOMES OF CHANGES IN EMOTION

Chair: Jeremy Hamm

Co-Chair: Meaghan Barlow

Research shows that emotions play an important role in successful aging. However, less is known about how day-to-day fluctuations and multi-year changes in positive and negative emotions are implicated in adaptive development. Thus, the present studies address the developmental antecedents and outcomes of micro- and macro-longitudinal changes in different positive and negative emotions. Blöchl, Oertzen, and Kunzmann use 12-year data from the Health and Retirement Study to examine whether socioeconomic resources influence trajectories of positive emotion and physical functioning and their interrelations. Hamm, Wrosch, Barlow, and Kunzmann investigate psychosocial and health-related resources that predict two-year stability and change in adaptive and maladaptive daily patterns of calmness, excitement, sadness, and anger. Pauly et al. examine the extent to which health status moderates the association between daily fluctuations in seven affective states and corresponding changes in stress-related cortisol secretion. Turner, Mogle, Hill, Bhargava, and Rabin study how positive and negative emotions experienced in response to daily challenges (memory lapses) mediate the association between age-related challenges and life satisfaction in a coordinated analysis of two datasets. Finally, Barlow addresses the extent to which variations in daily experiences of positive and negative emotions exhibit age-differential associations with daily satisfaction with life (i.e., emotion globalizing). This symposium thus integrates new research on emotional aging and contributes to a deeper understanding of how adaptive development shapes and is shaped by day-to-day fluctuations and long-term changes in different emotions.

ASSOCIATIONS BETWEEN AGE-RELATED CHANGES IN POSITIVE AFFECT AND PHYSICAL FUNCTIONING: THE ROLE OF EDUCATION

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Increasing research points to the relevance of educational attainment for positive emotional experiences and physical functioning across adulthood. However, little is known about how age-related developments in positive affect and physical functioning differ by educational attainment. This study used longitudinal data of 10,893 individuals (60–80 years) from the Health and Retirement Study to examine whether educational attainment moderates trajectories of positive affect and physical functioning and their interrelations over 12 years. Initial results from multiple-group bivariate growth models revealed that individuals with less formal education have lower positive affect and poorer physical functioning at baseline. There was, however, no evidence that longitudinal changes in positive affect, longitudinal changes in physical health, and coupled changes between both variables varied with educational attainment. These initial findings suggest that lower educational attainment is primarily related to lower levels of positive affect and physical functioning, but not to greater age-related declines or their interrelations.

DISCRETE EMOTION PROFILES IN OLD AGE: STABILITY AND CHANGE FOR BETTER OR WORSE

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Although discrete emotions can change in salience across adulthood, little is known about developmental shifts in the co-occurrence of multiple discrete emotions. The present study (n=389, Mage=73) adopted a person-centered approach to identify stability and change in commonly-occurring profiles of calmness, excitement, sadness, and anger. Daily emotions were assessed over 1-week periods at baseline and two years later. Latent class analyses yielded consistent 3-profile solutions at both waves: a positive emotion (high calmness-moderate excitement-low sadness and anger), a mixed emotion (moderate/high calmness-moderate excitement, sadness, and anger), and an apathetic emotion profile (low calmness, excitement, sadness, and anger). Latent transition analyses revealed both stability (82% remained in the same profile) and change (18% changed profiles) in profile membership. Higher baseline optimism and fewer chronic conditions were associated with adaptive changes in profile membership. Findings point to the importance of considering the co-occurrence of distinct emotions in studying emotional aging.

DISCRETE AFFECTIVE STATES, CORTISOL, AND SELF-RATED HEALTH IN OLD AGE

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