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Using two studies, we examined the late life prevalence and health consequences of discrete positive emotions posited to motivate rest and recovery (calmness) or pursuit of novelty and stimulation (excitement). Study 1 assessed the salience of these discrete emotions in older adults ($n=73$, $M_{age}=73$) relative to younger adults ($n=73$, $M_{age}=23$) over a one-week period. Multilevel models showed that older (vs. younger) adults reported higher calmness and lower excitement. Study 2 examined the longitudinal health consequences of calmness and excitement in old age ($n=336$, $M_{age}=75$), as moderated by perceived control. Multilevel growth models showed that calmness, but not excitement, buffered against 10-year declines in psychological well-being (perceived stress, depressive symptoms) and physical health (physical symptoms, chronic conditions) for older adults with low perceived control. Results suggest that positive emotions with disparate motivational functions become more (calmness) or less (excitement) salient and have diverging implications for health in old age.

THE BRIGHT SIDES OF SADNESS IN LATE LIFE

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Sadness is often thought of as unpleasant and dysfunctional. Yet, evolutionary-functional approaches and discrete emotional aging frameworks suggest that sadness is an emotion that helps us deal with loss and thus may become particularly salient and adaptive in late life. This talk presents findings from a multi-study, multi-method research program using age-diverse samples and experimental and longitudinal study designs. Findings show (1) intact or elevated levels of sadness responding in late life (i.e., higher sadness expressions in response to distressing film clips; higher coherence between sad facial expressions and autonomic physiology in response to film clips depicting loss; stability in sadness behaviors in marital conflict interactions). Moreover, (2) higher levels of sadness responding are linked to adaptive outcomes in late life (i.e., higher social connectedness, higher compensatory control strategies) with some effects generalizing across age groups (i.e., links between sadness coherence and well-being). Implications for future research are discussed.

LONELINESS AND SOCIAL ENGAGEMENT: THE UNIQUE ROLES OF STATE AND TRAIT LONELINESS FOR DAILY PROSOCIAL BEHAVIORS

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Loneliness is a distressing yet adaptive emotional experience that alerts us to socially re-engage. However, loneliness can also lead to social withdrawal and isolation. To reconcile the seemingly contradictory consequences of

loneliness, we unpack the timing of the underlying processes by distinguishing between the roles of state loneliness (i.e., daily variations in loneliness) and trait loneliness (i.e., person-average loneliness) in predicting social re-engagement. Using ten days of electronic daily assessments from 95 older adults ($M_{age} = 67.0$ years; 64.2% women), initial findings indicate that trait loneliness moderates time-varying associations between state loneliness and prosocial behavior: On days of elevated state loneliness, older adults low in trait loneliness report increases in prosocial behavior, whereas older adults high in trait loneliness show decreases in prosocial behavior. Findings suggest that transient loneliness may motivate older adults to actively re-engage with others; chronic loneliness may undermine such adaptive responses.

DISCRETE EMOTION NETWORKS ACROSS THE LIFESPAN: IMPLICATIONS FOR WELL-BEING

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Research examining the age-related trajectories and consequences of emotional complexity has largely lumped emotions into broad categories. The present study utilized network analyses to quantify the co-occurrence of discrete emotions and their associations with well-being across the lifespan in a sample of 156 females (aged 23-79). Participants completed assessments of 8 emotions (i.e., sad, angry, anxious, lonely, happy, excited, proud, and calm) for 16 days, and completed measures of psychological and physical well-being at a 4-month follow-up. While certain emotions were found to co-occur at similar rates across the lifespan (e.g. sad-anxious), other emotion pairs become more (e.g. sad-calm) or less (e.g. sad-angry) frequent with age. Additionally, specific emotion pairs were differentially associated with indicators of well-being across the lifespan, while controlling for mean levels of these emotions. These findings point to the importance of considering the co-occurrence of distinct emotions and potential pathways towards successful aging.

EMPATHIC ACCURACY: HELPFUL TO AVOID NEGATIVE AFFECT IN OLD AGE?

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Past work suggests age-related declines in empathic accuracy and that these declines may put older people at risk for heightened stress reactivity and low affective well-being. We addressed these questions using data from the fourth wave of the Interdisciplinary Longitudinal Study of Aging (ILSE). To assess empathic accuracy, the young-old ($N=115$, $M_{age}=63.4$, $SD_{age}=1.13$) and old-old ($N=31$, $M_{age}=82.3$, $SD_{age}=.87$) participants of ILSE watched six film clips of individuals, who thought-aloud about an emotional autobiographical event, and were asked to rate each individual's emotions. Subsequently, participants watched a film about Alzheimer's disease and their subjective and cardiovascular stress reactions