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## **Activities and Their Associations with State and Trait Components of Well-Being in Old Age**

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Activities have often been shown to positively affect well-being in old age (e.g., Herzog et al., 1998). Remaining active and maintaining an agentic self contributes to productive, often called ‘successful’, aging (Baltes & Baltes, 1990). The present study has two aims, a) to investigate activities from a qualitative approach, and, b) to explore associations of activities to state and trait components of well-being with a quantitative approach. A total of 62 participants aged 65 to 89 years answered to the open question “What important or meaningful activities do you currently carry out?” Activities reported by the participants were grouped into categories which had been developed using qualitative content analysis. Inter-rater reliability was satisfactory. Categories comprised, among others, activities associated with daily routines, hobbies and interests, being on the way, volunteer work, relationship with family and friends, as well as life review and disengagement. As qualitative analyses revealed, main themes referred to ‘communion’, ‘agency’ versus ‘disengagement’, and ‘impairments’. Subsequent quantitative analyses showed that the number of activities falling in the categories ‘hobbies’, ‘being on the way’, and ‘volunteer work’, was associated with both positive mood and, negatively, with depressive feelings during the last week. The number of activities belonging to these categories was also related to some extent to trait components of well-being, i.e., general life satisfaction and autonomy. Furthermore, the number of activities related to ‘agency’ was associated with self-reported autonomy, adjustment, and physical well-being. Results are discussed with regard to intra- and interpersonal processes underlying the regulation of well-being in old age.