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We examined daily fluctuations in future time perspective within the daily stress and awareness of aging processes. Awareness of age-related change (AARC) focuses on everyday experiences that highlight changes in behavior and functioning as a result of growing older. We integrated individual differences in control beliefs because those with higher control tend to be more resilient to stressors. We conducted a daily diary study of 112 older adults (aged 60-90) who completed measures of control beliefs at baseline and then daily measures of stressor exposure, appraisal (e.g., threats to future plans), and AARC for eight consecutive days. Increases in threats to future plans were associated with increases in AARC losses, and those with low control were especially vulnerable to increases in threats to future plans. With a constricted future time perspective, any threats to future plans may be especially harmful for older adults who are low in control beliefs.

SHORT-TERM FLUCTUATION OF SUBJECTIVE AGE AND ITS CORRELATES: AN ECOLOGICAL MOMENTARY ASSESSMENT OF OLDER ADULTS

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We examined short-term fluctuations of subjective age with data obtained from 123 young-old (Mage = 67.19 years) and 47 old-old adults (Mage = 86.59 years) who reported their momentary subjective age six times a day over seven consecutive days as they were going about their everyday lives. Participants felt younger on a large majority of occasions, and 25% of the total variability in subjective age could be attributed to within-person variation. Those with younger trait subjective ages exhibited larger moment-to-moment variation, while chronological age did not impact variability. Furthermore, we investigated relationships between within-day fluctuations of subjective age and daily cortisol fluctuations. Our findings extend the literature on subjective age by showing that how old people feel can vary on a momentary basis, that state and trait components of subjective age are related, and that fluctuations in subjective age are related to biomarkers of stress.

AWARENESS OF BALANCE AS AN INTRAINDIVIDUAL DYNAMIC OF OBJECTIVE AND SUBJECTIVE EXPERIENCES OF FALL RISK IN DAILY LIFE

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Falls are life-changing events in older adulthood. With an accurate understanding of balance, older adults can adapt to age-related changes in physical ability without prematurely restricting physical activity. The Daily Balance Project examines the implications of older adults' awareness of fall risk in daily life. For 30-consecutive days, following a fall-risk assessment, 40 older adults used a smartphone to report balance confidence and then perform four balance assessment and a 30-second sit-to-stand task to measure postural sway and fall-risk. Measures of postural sway showed greater intraindividual variability than balance confidence and fall risk. Multilevel models showed that awareness of balance fluctuated during the study and varied across individual differences in baseline fall-risk. Baseline fall risk also differentiated how balance confidence and postural sway were linked to subsequent momentary fall risk assessments. The findings are discussed within the framework of action-perspectives of adult development and awareness of aging.

LONGITUDINAL RELATIONS BETWEEN VIEWS ON AGING AND PERCEIVED STRESS: EVIDENCE FOR MUTUAL ASSOCIATIONS

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We investigated the reciprocal longitudinal relation between perceived stress and three established domains of views on aging (VoA): (1) subjective age; (2) attitude toward own aging [ATOA]; and (3) aging-related cognitions including social loss, physical decline, and continuous growth. We also examined the potentially moderating role of chronological age. Data of the German Ageing Survey, comprising two measurement occasions (2014 and 2017) and a sample of 4,588 individuals aged between 40 and 95 years, were analyzed. Controlling for socio-demographic and health-related indicators, cross-lagged models indicated mutual longitudinal relations between VoA and stress. Whether the pathway from stress to VoA or the opposite pathway was stronger varied depending on the VoA considered. With increasing age, most VoA domains were less strongly associated with subsequent perceived stress. Our findings suggest that less favorable VoA predict higher perceived subsequent stress, but they are also preceded and predicted by higher levels of perceived stress.

NO HISTORICAL CHANGE IN VIEWS ON AGING AND THEIR CORRELATES: EMERGING EVIDENCE FROM GERMANY AND THE UNITED STATES

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