SOCIOEMOTIONAL GOALS AND DEFINITIONS OF EMOTION TERMS: A QUALITATIVE ANALYSIS ACROSS AGE
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Major theories of adult development posit that knowledge about emotion might evolve across the lifespan. Socioemotional Selectivity Theory (SST) and the Strength and Vulnerability Integration (SAVI) models imply that the manner in which older (OA) and younger adults (YA) conceptualize emotions may differ in valence, arousal, reference to social partners, time perspective, and the self. Quantitative accounts of age differences in conceptualizations of emotion terms offer mixed support for theoretical expectations, but many predictions have yet to be tested qualitatively. In this study, 90 OA and 210 YA provided narrative descriptions of 11 (5 positive, 6 negative) emotion-terms. Responses were coded on valence, reference to self/others, and arousal. OA/YA used similar synonyms to define emotion-terms. As predicted, YA used high arousal language in their definitions of negative (OR = 10.29, p = 0.018) and positive terms more than OA (i.e. Happy: OR = 1.27, p<0.001); OA referenced other persons (POS: OR = 0.13, p<0.001; neg: OA = 0.32, p=0.002) more than YA. Contrary to predictions, OA self-referenced more often than YA in positive (OR = 0.12, p=0.001) and negative definitions (OR= 0.11, p=0.004); this may be attributed to OA providing more situational examples in their responses than YA. Somewhat consistent with SAVI and SST, OA may reference high-arousal states less when conceptualizing emotions and associate their definitions more with social partners than YA. Future research should address OA greater use of situational examples when defining emotion terms, motivational factors and emotional impact of these age differences.

THE EFFECT OF EVERYDAY STRESSORS AND THE PERCEIVED STRESS REACTIVITY SCALE ON VARIABILITY IN SYMPATHETIC AROUSAL
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This ecological momentary assessment study examined the effect of naturally occurring stressors and perceived stress reactivity on alpha-amylase, a proxy of sympathetic nervous system arousal. There are age-related changes in physiological systems sensitive to stress, so the sample included 174 adults ages 20-78 (M=48.65, SD=19.28). At the beginning of the study, participants completed the Perceived Stress Reactivity Scale (PSRS; Schulz et al., 2005). For 10 consecutive days, participants were prompted five times per day to report exposure to stressors. During the same 10-day period, participants provided seven saliva samples per day, assayed for alpha-amylase. Multilevel modeling was used to examine daily and momentary associations between stressors, the PSRS, and alpha-amylase activity. On a daily basis, stressors did not predict changes in the diurnal alpha-amylase pattern, but higher perceived stress reactivity predicted steeper diurnal slopes and lower total daily output. A significant cross-level interaction emerged showing people higher in perceived stress reactivity had steeper awakening responses on days they experienced more stressors than usual. On a momentary basis, alpha-amylase levels were higher on occasions when participants reported stressors. In addition, higher levels of perceived stress reactivity predicted lower overall alpha-amylase levels. Findings suggest that 1) stressors are associated with elevations in momentary but not daily aggregate levels of alpha-amylase, and 2) the PSRS has prospective validity as a predictor of stress-related fluctuations in diurnal alpha-amylase patterns. Age was not a significant moderator of the relationship between stressors and alpha-amylase, potentially suggesting the effect of stressors on alpha-amylase activity is age invariant.

Session 9240 (Poster)

End of Life, Death, and Dying

A CASE STUDY ON ANTICIPATED END-OF-LIFE CAREGIVING AMONG THE MILLENNIAL AMERICAN BORN CHINESE
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Millennial American Born Chinese (ABCs) are in a double jeopardy position with end-of-life (EOL) care for their immigrant parents, because of both cultural and generational clashes. There is no existing empirical study about the millennial ABCs’ attitudes or behaviors towards EOL caregiving. Our study is the first one to explore the millennial ABCs’ anticipated EOL caregiving behaviors, support and resources needed, attitudes towards terminal illness disclosure and advance care planning (ACP) discussion with their parents, and how acculturation influences. A qualitative in-depth phone interview using a case study approach, with a scenario of caring for parents with Parkinson’s disease and Stage IV lung cancer, was adopted. Participants were recruited via convenience sampling, and a total of 27 (18 females and 9 males with an average age of 25) passed the screening and completed the interviews. Using the directed content analysis, researchers identified two themes: EOL caregiving and EOL decision making, which included five sub-themes: caregiving behaviors, needed supports and resources, care arrangement decision, terminal illness disclosure, and ACP. Both traditional Chinese culture of familism and filial piety, and Western culture of autonomy and patients’ rights to know were exhibited in every theme. Most participants did not fully understand ACP concept, but they were willing to initiate ACP conversation after comprehending ACP concept. This study constitutes an essential step towards understanding the millennial ABC EOL caregivers’ financial, physical, and emotional needs from family, community and government, better establishing corresponding policies, and promoting public education in ACP to benefit this minority group.