THE MEDIATING ROLE OF ADVANCE CARE PLANNING IN ACCULTURATION AND USE OF NURSING HOME AMONG KOREAN AMERICANS

Soyeon Cho,1 1. City University of New York-New York City College of Technology, Brooklyn, New York, United States

The study examined attitudes towards Advance Care Planning (ACP) as a potential mediator in the association between acculturation and willingness to use nursing home in Korean American older adults (aged 60 and older). Data were driven from a cross-sectional study of 235 community-dwelling Korean American older adults (aged 60 and older) in 2013. Multivariate regression models of willingness to use nursing home were entered in the following order: (1) demographics, (2) health, (3) acculturation, and (4) attitudes towards advance care planning. The mediation effect of attitudes towards ACP in the relationship between acculturation and willingness to use nursing home was examined using the bootstrapping method. Higher acculturation was associated with positive attitudes towards ACP and more likelihood of using nursing home. The proposed mediation model was fully supported: positive attitudes towards ACP served as an intervening step between acculturation and willingness to use nursing home. The mediating role of attitudes towards ACP yields implications for developing culturally sensitive advance care planning education program targeting older individuals.

ROLE OF RELIGIOUSNESS AND SPIRITUALITY AND SOCIAL NETWORKS IN DETERMINING DEPRESSION AMONG OLDER KOREAN AMERICANS

Soonhee Roh,1 Yeon-Shim Lee,2 and So-Young Park3,4 1. Marshall University, Huntington, West Virginia, United States, 2. Yonsei University, Seoul, Korea, Republic of, 3. California State University, Long Beach, Long Beach, California, United States, 4. Florida State University, Tallahassee, Florida, United States, 5. University of Miami, Coral Gables, Florida, United States, 6. Texas A&M University, College Station, Texas, United States

Korean Americans (KAs) are one of the fastest growing minority populations in the U.S. Depression is the most common psychological problem among older KAs. While the relationship between religiousness/spirituality (R/S) and well-being in later life is an important health concern, older KAs are often affiliated with a protestant church and have the highest church participation. This study assessed the role of R/S and social networks in determining depressive symptoms and identified the best predictors of depressive symptoms. Data were drawn from a cross-sectional survey with 200 older KAs residing in New York. Best-subsets regressions were used to evaluate the best predictors of depression. Findings indicated that nearly 30% of older KAs reported experiencing mild or severe depressive symptoms. The best model fit for depression involved physical health, R/S coping skills, social networks, and annual household income. Social networks and R/S coping skills were found to be a protective factor against depressive symptoms and may be an effective tool for health care strategies in the management of depression and health-promoting behaviors. Careful assessment of R/S and social networks among older KAs may provide more comprehensive approach to traditional, biomedically derived clinical practices by focusing on the whole person in early identification of risk factors, prognosis, and intervention for depression. Health education and intervention could be framed in ways that strengthen such psychosocial coping resources for older KAs. Facilitating social participation and mobilizing R/S resources in a wide range of personally meaningful activities may mitigate psychological distress and enhance life satisfaction.

SESSION 2410 (POSTER)

MOBILITY 2410

FEELING AUTHENTIC DURING PLAYING PICKLEBALL IN LATER LIFE: PREDICTING POSITIVE PSYCHOLOGICAL FUNCTIONING

Jungsu Ryu,1 Jinmoo Heo,2 Chungsup Lee,3 Amy Chan Hyung Kim,4 Kyung Min Kim,5 and Hyunmin Yang6, 1. Marshall University, Huntington, West Virginia, United States, 2. Yonsei University, Seoul, Korea, Republic of, 3. California State University, Long Beach, Long Beach, California, United States, 4. Florida State University, Tallahassee, Florida, United States, 5. University of Miami, Coral Gables, Florida, United States, 6. Texas A&M University, College Station, Texas, United States

Authenticity, being trustful with oneself, is regarded as a principle predictor of healthy functioning. However, the association between authenticity and psychological functioning has not been examined, even though leisure is an ideal context within which to experience authenticity. Therefore, this study examined the association between authenticity and psychological functioning in older adults playing pickleball. A convenience sample of 112 males and 96 females (64.1±6.50, 50 to 82yrs) was recruited from the 2017 U.S. Open Pickleball Championship which is an annual international pickleball tournament. The participants were asked to fill out a questionnaire primarily asking about their levels of authenticity within which to experience authenticity. Therefore, this study examined the association between authenticity and psychological functioning in older adults playing pickleball. A convenience sample of 112 males and 96 females (64.1±6.50, 50 to 82yrs) was recruited from the 2017 U.S. Open Pickleball Championship which is an annual international pickleball tournament. The participants were asked to fill out a questionnaire primarily asking about their levels of authenticity (4-items) and psychological functioning measured by both perceived stress (4-items) and happiness (single item). The regression was used to determine the unique contribution of authenticity to either perceived stress or happiness, and found that authenticity uniquely contributed to 10% of the variance in perceived stress (F= 4.678, p < .001) and 2.3% of the variance in happiness (F= 3.046, p < .01). These results suggest that