

had functional impairments, reported lower positive affect and limited social /physical activities. Further, we linked identified group membership to participants' and interviewers ratings on various outcomes. Profiles of successful aging discriminated on several measures of self-reported well-being outcomes as well as interviewers' ratings on frailty and engagement. Findings from the current study help to define successful aging as a multidimensional construct across several dimensions and also have important implications for intervention as they highlight modifiable factors associated with successful aging.

LEISURE ACTIVITY TAXONOMY AND WELL-BEING OF OLDER ADULTS

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Research has shown that involvement in leisure has an impact on the well-being of older adults. Generally, older adults who increase leisure activity participation are likely to maintain their quality of life. While leisure experiences in general might be beneficial, certain types of leisure activities might bring more merit to older adults. This study explores the relationship between the specific types of leisure activities and well-being variables (i.e., health perception, life satisfaction, optimism) among older adults. A convenience sample of 188 participants was recruited from senior centers in Korea. The sample included 67 males (35.6%) and 121 (64.3%) females, whose ages ranged from 60 to 90 years ($M = 74.99$, $SD = 5.49$). Three hierarchical multiple regression analyses were conducted to examine the relationship between specific types of leisure activities (outdoor activities, physical activities, hobbies and indoor activities, cultural activities, home-centered and social activities, and volunteering), health perception, life satisfaction, and dispositional optimism, controlling for the age and gender. The results indicated that home-centered and social activities were the strongest predictor of all outcome variables. Volunteer activities were positively related to health perception and life satisfaction. Our findings have expanded the body of knowledge, demonstrating that frequent participation in home-centered and social activities as well as volunteer activities is positively associated with the well-being of older adults. These findings suggest that promoting positive social contacts and interaction in recreation settings and encouraging participation in volunteer activities are important aspects of successful aging.

BEING SUCCESSFUL AGED AT ONE HUNDRED YEARS OLD: ALTERNATIVE AND SUBJECTIVE CRITERIA

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Age, i.e. being younger, has been the most consistent predictor of successful aging, indicating a dramatic drop of the rate of success with advancing age. However, emergent studies based on expanded psychological concepts have been revealing the admirable capacity of oldest old individuals to overcome adversities and adapting to the challenges of very advanced age. This study aims to explore alternative criteria to Rowe and Kahn successful aging model in centenarians. A sample of 70 individuals ($Age_{100.91}$, $SD 1.37$, 87.1%

female) with cognitive capacity for answering self-report questions were selected from the population-based Oporto Centenarian Study (PT100). Perceived economic status, subjective health and happiness were considered as components to assess successful aging. Main findings revealed that 62.9% of the sample was able to meet economic needs, 44.3% was happy and 32.3% reported a positive self-perception of health. 12.9% of the participants satisfied all three criteria and 16.1% didn't fulfilled any. A previous study using the same alternative criteria found that 47.5% of centenarians were successful aged, whereas none of them satisfied all three objective components from Rowe and Kahn's successful aging model (Cho et al., 2012). Thus, the higher proportion of centenarians with positive self-ratings demonstrate that they may feel successful despite not being objectively considered as so. The alternative criteria of perceived economic status, subjective health and happiness considered in this study seem to be suitable to approach successful aging in very advanced age.

IS SUBJECTIVE AGE AN OPTIMAL ILLUSION SUSTAINING WELLBEING OVER TIME? A FIVE-YEAR PANEL STUDY ON SUBJECTIVE AGE DISCREPANCIES IN LATER LIFE

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Background: Most adults perceive themselves younger than their actual age, and would like to be even younger. Due to a lack of longitudinal studies on subjective age and mental wellbeing the question remains: Is subjective age an optimal illusion sustaining wellbeing over time? Or is mental wellbeing a cause rather than a consequence of younger age identities? Objectives: (1) To evaluate the stability of felt-age and ideal age discrepancies, and (2) to assess the causal relations between domains of subjective age and mental wellbeing over a five year period. Methods: Two waves (2002-2007) from the Norwegian life course, ageing and generation panel study, a community-based panel study with a sample of 2,100 respondents aged 40-79 years. Measures included Felt age and Ideal age discrepancies, and the Positive and Negative Affect Scale (PANAS). Results: Respondents felt 7.6 years younger and wished to be 16.4 years younger than their actual age. Felt age discrepancies were similar across age groups and did not change over a five year period. They were not associated with increased wellbeing over time. Ideal age discrepancies were higher for men than for women. They increased with age and over time had a negative effect on Positive Affect five years later. Discussion: Although the stability in felt age discrepancies may reflect an "optimal illusion", this does not contribute to enhanced wellbeing over time. In later life, ideal age tends to stabilize around age 40 and may then become more dysfunctional with increasing age.

PROSPECTIVE ASSOCIATIONS OF CURIOSITY WITH COGNITIVE PERFORMANCE: THE MAINE-SYRACUSE LONGITUDINAL STUDY

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Although curiosity is regarded as an important feature of psychological thriving and successful aging, prospective research is sparse. One study found higher levels of curiosity to be related to higher five-year survival rates (Carmelli &