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Correlates Of Life Satisfaction Among Middle-Aged and Older Black Adults

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well-being of individuals by influencing behavioral and biological processes. This symposium contains a collection of papers seeking to address the influence of resilience and coping on health outcomes in middle to late life adults. Tobin and Thorpe identified profiles of psychosocial resilience and examined their association with allostatic load (AL) among 283 Black men in the Nashville Stress and Health Study. Using Latent class analysis (LCA), individuals in the high resilience class had the greatest odds of high AL; high resilience worsened physical health for older but not younger Black men. Tan and colleagues explored satisfaction across life domains and correlates of satisfaction across domains in 93 Black adults. The authors report that higher satisfaction was associated with less education, less financial strain, lower depressive symptoms, and better self-rated physical health. Nguyen examined the association between everyday discrimination and generalized anxiety disorder (GAD) and whether church-based relationships buffer the negative effects of everyday discrimination on GAD among older African Americans. Using data from 670 African American respondents age 55 and older from the NSAL, the author reports, that significant interactions indicated that frequent contact with church members and high levels of subjective closeness to church members buffered against the negative effects of discrimination on GAD. These presentations collectively will bolster our knowledge of how stress and resilience impacts health disparities.

DO PSYCHOSOCIAL RESOURCES CONFER PHYSIOLOGICAL RISK? EXAMINING ALLOSTATIC LOAD BLACK MEN ACROSS THE LIFE COURSE

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Research suggests positive psychosocial resources promote resilience, although this has been underexplored among Black men. The present study identified profiles of psychosocial resilience and examined their association with allostatic load (AL) among young, middle-aged, and older Black men. Data come from 283 Black men in the Nashville Stress and Health Study. Latent class analysis (LCA) identified resource profiles comprised of eight psychosocial resources across four categories (coping strategies, sense of control, racial identity, social support). Logistic regression was used to estimate the odds of high AL (5+ high-risk indicators) across classes. LCA indicated three latent classes: low (33%), moderate (26%), and high (41%) psychosocial resources. Unexpectedly, individuals in the high resilience class had the greatest relative odds of high AL; high resilience worsened health for older but not younger Black men. Findings suggest elevated levels of resources resilience may undermine physical health in this population.

CHURCH RELATIONSHIPS, DISCRIMINATION, AND GENERALIZED ANXIETY DISORDER AMONG OLDER AFRICAN AMERICANS

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The African American church has played a major role in African American communities, and church relationships represent an important stress-coping resource for older African Americans. This study examined 1) the association between everyday discrimination and generalized anxiety disorder (GAD) and 2) whether church-based relationships buffer the negative effects of everyday discrimination on GAD among older African Americans. Logistic regression analyses were conducted using data from 670 African American respondents age 55 and older from the National Survey of American Life: Coping with Stress in the 21st Century. More frequent experiences of everyday discrimination was associated with higher odds of meeting criteria for GAD. Significant interactions indicated that frequent contact with church members and high levels of subjective closeness to church members buffered against the negative effects of discrimination on GAD. Interventions that focus on the use of church members for support capitalize on a major strength among older African Americans.

CORRELATES OF LIFE SATISFACTION AMONG MIDDLE-AGED AND OLDER BLACK ADULTS

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This study explored satisfaction across life domains (e.g., family, daily life, health, finances, city of residence) and correlates of satisfaction across domains. Black adults (n=93, age range=55-80) completed the domains of life satisfaction scale and measures of sociodemographic factors, personality, and mental/physical health. Participants' satisfaction was highest for home condition, but lowest for health. Univariate analyses of variance demonstrated better life satisfaction in the oldest-old (80+) than the youngest-old (55-64; $p < .05$), particularly in the domains of daily life/leisure, current financial situation, and total household income. Linear regression models suggested that higher satisfaction was associated with less education, less financial strain, lower depressive symptoms, and better self-rated physical health, although the pattern of results varied by domain. Satisfaction may increase with advancing old age, at least in some life domains. It can also vary across life domains and unique factors likely relate to satisfaction in each life domain.

SESSION 3480 (PAPER)

SOCIAL ENGAGEMENT AND SUPPORT

CHANGES IN SOCIAL SUPPORT AND THE INFLUENCE OF DRIVING CESSATION

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Driving cessation has been shown to be a potentially isolating transition in life, with important implications for mental health, social isolation, and social support. Older adults who live alone are vulnerable to social isolation in