

in challenge-skill balanced activities than in underchallenging or overchallenging activities,  $F(2,392)=133.42$ ,  $p<.001$ , partial eta-squared=.405 for HAP emotions; and  $F(2,392)=139.92$ ,  $p<.001$ , partial eta-squared=.417 for LAP emotions. In addition, although older adults experienced less frequent HAP emotions than younger adults in underchallenging and overchallenging activities, such affective difference was not observed in balanced activities. These findings are consistent with flow theory that challenge-skill balance is associated with high frequencies of HAP and LAP emotions among both older and younger adults. More important, engagement in sufficient but not overwhelming challenges can offset the differences in HAP emotions between younger and older adults. The study provides insight to older adults and those who serve this population on the importance of older adults maintaining sufficiently challenging activities to maximize their positive emotional experience.

#### SUICIDE AMONG THE ELDERLY IN KOREA: A META-ANALYSIS

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Elderly suicide is a major public health issue in South Korea. The aim of this study was to systematically examine the current knowledge about suicidal ideation among Korean older adults with specific focus on risk and preventive factors. In order to achieve this aim, a meta-analysis was conducted using Korean academic peer-reviewed journals published since 2001. A total of 97 articles were selected that met the research criteria (e.g., original study findings and key words of suicidal ideation, suicidal thought, and suicide). Three domains were identified and used for further analysis: individual, family, and society. Results showed that among individual factors, depression and burden or stress increased the risk of suicidal ideation, while better mental health reduced the risk of suicidal ideation. Among family factors, living alone was a risk factor for suicidal ideation, while family cohesion was a preventive factor for suicidal ideation. Among social factors, elderly discrimination, social isolation, and negative relationships were significant risk factors, while social support, social environment, and social activities were significant preventive factors affecting suicidal ideation. The results suggest several practical implications for developing suicide prevention programs and counseling approaches to address suicidal ideation. For example, depression and stress can be reduced by MBSR (Mindfulness-Based Stress Reduction) program where meditation is used as a coping strategy. In addition, counseling programs specifically focused on improving family and social relations should be implemented. Government should continuously support for these programs to prevent suicide among older Koreans.

#### DAILY SOCIAL INTERACTION RELATES TO SUBJECTIVE COGNITIVE FUNCTION

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Self-reports of cognitive problems are required for the clinical diagnosis of mild cognitive impairment (MCI). Identifying factors affecting subjective evaluations of cognition is essential to the early recognition of cognitive

impairment. One such factor is social engagement, which is an established protective factor for long-term cognitive health. However, little is known about how recent social interactions relate to reports of subjective cognitive function in everyday life. Therefore, we examined whether the frequency and quality of daily social interactions predicted day-to-day variability in reports of subjective cognition.

A systematic probability sample of 251 racially diverse adults (age=25–65) completed a 14-day ecological momentary assessment protocol that measured social interactions, mood and fatigue at 5 random times throughout each day. At the end of each day, participants provided subjective reports of their memory, speed, and attention, as well as their overall appraisal of the quality of their social interactions on that day.

Using multilevel modeling we found on days during which they had more frequent social interactions, participants reported better cognitive function (Estimate=1.56,  $p<.0001$ ). Moreover, on days they reported more pleasant interactions, participants reported higher levels of subjective cognitive function (Estimate=0.16,  $p<.0001$ ). Both effects remained significant after controlling for daytime affect and fatigue. The effects of both daily social interaction and end-of-day appraisal on subjective cognition were invariant across age.

This study illustrates that the frequency and quality of social interactions has a proximal (same day) relationship to subjective cognition. These results have implications both for assessing subjective cognition and for interventions.

#### THE ROLE OF GRANDMOTHERS IN KOREAN WOMEN'S WORK-LIFE BALANCE

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Although many Korean women want to pursue both successful careers and families, Korean culture limits women's ability to maintain work-family balance. Constrained by their ability to both work and care for their children, working Korean women tend to call on their aging mothers for assistance. The purpose of this study was to better understand the important role of grandmothers in working Korean women's work-family balance. We conducted in-depth interviews with 22 married, working women living in Korea ( $M=35.9$  years) who have at least one young child (infant / preschooler) and who rely on their mothers ( $M=62.5$  years) for child care. Several themes emerged from these newly available data. Women who had good relationships with their mothers tended to be more appreciative of their mother's help. Several women expressed feelings of guilt that their mothers took care of grandchildren because several of the grandmothers were experiencing health concerns of their own. However, despite these feelings of guilt, the women indicated that they hoped that their mothers would take care of their children until their children enter elementary school. Also, the women expressed the Korean government's childcare policy is unrealistic and they indicated that it would be beneficial if the Korean government provided support to grandmothers caring for grandchildren. Overall, our findings suggested that work-family balance is an important concern of many working Korean women. Often these women rely on support from their mothers in an attempt to obtain work-family balance. However, many of these grandmothers experience their own health concerns.