

## Abstract

Reciprocity is believed to be desirable in social relationship. Its effects on predicting psychological well being among Chinese was investigated in this study. Instrumental and emotional reciprocity in friendship and family relations, as well as differences across ages were considered. 108 older adults, aged from 61 to 93 and 96 younger adults, aged between 17 and 22, participated in this study. Results found that only reciprocity in family relations are found to be more predictive of well being than either giving or receiving more. In friendship, more support given, rather than reciprocity, better predicted well being. Instrumental reciprocity better predicted well being in the youth sample than in the elderly sample, which partly indicated the prediction of socioemotional selectivity theory.