

## Abstract

This study examined the relationship between volunteerism and well being (physical and psychological) and the moderating effects of motivations to volunteer on this relationship. Participants were 78 older adults and 125 younger adults in which their volunteer experiences, motivations to volunteer, physical and psychological well being were assessed. Regression analysis showed that a curvilinear relationship between volunteerism and physical well being existed for older adults while positive relationship existed for younger adults. This finding was consistent with past research. Besides, results indicated that among six of the motivations to volunteer, “social” function has a moderating effect on the relationship between physical well being and volunteerism among older adults. “Enhancement”, “understanding” and “values” functions have moderating effects on the relationship between volunteerism and psychological well being among older adults. This suggested that in the future, it is important to take motivations to volunteer into account while examining the relationships between volunteerism and well being.