

## Abstract

This study examined the relationship between physical activity and psychological well-being among Hong Kong Chinese older adults and whether independence-interdependence self-construals would moderate the association. A structured questionnaire was administered to 102 older adults of 65 years and above. Consistent with prior research, physical activity, either defined as housework, exercise, or a conglomeration of housework, caretaking, exercise and recreational activities, significantly correlated with relatedness satisfaction. However, the association with self-esteem was not significant. Taking self-construals into account, the association between exercise and relatedness satisfaction was significant among individuals who were less interdependent but not those who were more interdependent. Implications on promotion of physical activity and further studies on physical activity among older adults were highlighted.