

# The Psychological Response and Adaptation of Female Adoptees When They Knew the Truth of the Adoption.

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## Abstract

The purpose of this qualitative study was to assess the psychological response and adaptation of adoptees upon the disclosure of adoption circumstances. Four adoptees were recruited by convenience sampling and were interviewed by semi-structured interview. The contents of the interview were analyzed in order to realize the adoptees' experience of finding the truth of their life experience, in-depth cognizance, emotion and adaptive behaviors. The results are presented as follows: (1) Timing of informing the truth of the adoptees' life experience influences their coping behavior. For example, if the adoptees were informed directly the truth of adoption in their early life, they have adequate reactions in "response", "adaptation and attribution" and "support methods and systems" than others. On the contrary, if the adoptees were informed indirectly the truth of adoption in their later life, they have stronger psychological reaction than others. (2) "adoption" and "relationship with biological and adoptive parents" were viewed as the factors influencing adoptees' adaptation. (3) The relationships between the adoptees and their parents were alienated, but the adoptees recognize and appreciate their adoptive parents and have close relationships with them. (4) Listening and supporting adoptees plays an important role in their emotional adaptation. (5) Adoptees develop their self-concept and positive self identity from explanation of their adopted process. The study finding contributes to the understanding of Taiwanese adoptees psychological response and adaptation of learning their true identity. It is also important for health care providers in caring/consoling adoptees.

**Key words : adoption, adopted, adoptees, psychological response, adaptation**

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