

**Putting the positive in health psychology: A content analysis of three journals**  
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# Putting the positive in health psychology: A content analysis of three journals

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## Method

The method used in this study was a descriptive method. This method is used to describe the characteristics of a population or sample without manipulating any variables.

The data used in this study were secondary data obtained from the literature. The selection criteria for the literature were based on relevance to the research topic, the quality of the research, and the availability of the full text.

The data were analyzed using a content analysis method. This method involves identifying and categorizing the themes and concepts in the text to understand their distribution and relationships.

The results of the analysis showed that the majority of the literature focused on the role of the government in providing financial support for small businesses.

The following table shows the distribution of the data across the different categories.

Category	Number of Articles
Government Support	15
Private Sector Support	10
Non-Profit Support	5
Academic Research	8
Policy Analysis	12

The above table illustrates the distribution of the data across the different categories. The most frequent category is Government Support, with 15 articles. This is followed by Policy Analysis with 12 articles, Private Sector Support with 10 articles, Academic Research with 8 articles, and Non-Profit Support with 5 articles.

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**Table 1.** Positive constructs investigated in JHP, HP, and IJBM

Positive construct/process	Category 1 (114 articles)		Category 2 (199 articles)		Total 313 articles	
		%		%		%
Adaptation	24	21.1	41	20.6	65	20.8
Adjustment	40	35.1	43	37.7	83	26.5
Altruism	0	0	0	0	0	0
Appraisal	19	16.7	35	17.6	54	17.3
Authenticity	0	0	1	.5	1	.3
Benefit-finding	23	20.2	7	3.5	30	9.6
Body image (positive)	4	3.5	13	6.5	17	5.4
Compassion	0	0	4	2.0	4	1.3
Competence	10	8.8	14	7.0	24	7.7
Coping	68	59.6	92	46.2	160	51.1
Courage	1	.9	0	0	1	.3
Creativity	3	2.6	0	0	3	1.0
Curiosity	5	4.4	0	0	5	1.6
Emotion-focused coping	10	8.8	17	8.5	27	8.6
Emotional creativity	1	.9	0	0	1	.3
Emotional expression	15	13.2	9	4.5	24	7.7
Empathy	6	5.3	4	2.0	10	3.2
Engagement	8	7.0	4	2.0	12	3.8
Flow	1	.9	0	0	1	.3
Forgiveness	2	1.8	0	0	2	.6
Goal/goal setting	23	20.0	36	18.1	59	18.8
Happiness	13	11.4	9	4.5	24	7.7
Hope	21	18.4	4	2.0	25	8.0
Humility	1	.9	0	0	1	.3
Humor	5	4.4	6	3.0	11	3.5
Leadership	0	0	0	0	0	0
Life meaning/meaning in life	24	21.1	5	2.5	29	9.3
Life satisfaction (M. = 4.3, SD = 0.3), Hope (M. = 2.5, SD = 0.5), Flow (M. = 3.1, SD = 0.5)						





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