

MAPC

**M.A. PSYCHOLOGY
SECOND YEAR COURSES**

(MAPC)

**Assignments
For July 2022 and January 2023
Sessions**



**Faculty of Psychology
School of Social Sciences
Indira Gandhi National Open University
MaidanGarhi, New Delhi-110 068**

M.A. Psychology – IInd Year
MPCE-011, 012, 013
MPCE-021, 022, 023
MPCE-031, 032, 033
MPCE- 046

Assignments – July 2022 and January 2023 Sessions

Dear Learner,

You have to complete one Tutor Marked Assignment (TMA) for each of the courses in the Master's Degree Programme in Psychology. Each assignment has 10 questions which have to be answered.

Before you attempt the assignments, please read the instructions carefully provided in the Programme Guide. It is important that you write the answers to all the TMA questions in your own words. Your answers should be within the approximate range of the word-limit set for a particular section. Remember, writing answers to assignment questions will improve and sharpen your understanding of the concept.

Submission

You need to submit all the assignments within the stipulated time for being eligible to appear in the term-end examination. The completed assignments should be submitted as per the following schedule.

Session	Last Date of Submission	To be Sent
For July, 2022 Session	31st March, 2023	To The Coordinator of the Study Centre allotted to you (Please check the updates from www.ignou.ac.in)
For January, 2023 Session	30th September, 2023 (Please check the dates from www.ignou.ac.in)	

Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you. The Study Centre will return the assignments to you after they are evaluated. The completed assignment should be sent to the Coordinator/ Programme In-charge of the Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters for evaluation.

INSTRUCTIONS

Following instructions are to be carefully followed before writing the assignments:

1. Provide information about your Enrolment Number, Name, Full Address, Signature and Date on title page of your assignment. Also provide details about the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the title page. Course Code and Assignment Code will be given in the assignment.

The title page may look like this

Enrolment No.....
Name.....
Address.....
Signature.....
Date.....
Programme Title.....
Course Code & Title.....
Assignment Code.....
Programme Study Centre/Study Centre.....

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

2. Read the assignments carefully and follow the instructions if any given on the assignment.
3. We expect you to answer each question as per guidelines mentioned in the assignment. You will find it useful to keep the following points in mind:
 - 1) **Planning:** Read the assignments carefully. Go through the units on which they are based. Make some points regarding each question and then re-arrange these in a logical order.

- 2) **Organisation:** Be a little more selective and analytical before drawing up a rough outline of your answer. Give adequate attention to your introduction and conclusion. Make sure that your answer:
 - a) is logical and coherent;
 - b) has clear connections between sentences and paragraphs;
 - c) is written correctly giving adequate consideration to your expression, style and presentation
- 3) **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underlining the points you wish to emphasize. Make sure that the answer is within the stipulated word limit.
4. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a 4cm margin on the left and leave some space between each answer. This will facilitate the evaluator to write useful comments in the margin at appropriate places.
5. ***Write the responses in your own hand.*** Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
6. Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
7. Write each assignment separately. All the assignments should not be written in continuity. For each Course use separate sheets or start on the next sheet.
8. Write the question number with each answer.
9. After submitting the assignment at the Study Centre/Programme Study Centre get the acknowledgement from the Coordinator/ Programme In-charge.
10. In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
11. If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study centre for correction and transmission of correct score to headquarters.

Please ensure the following before submitting your assignment response:

1. Your enrolment number, name and address have been written correctly.
2. The title of the course and assignment number has been written clearly.
3. Each assignment on each course has been written on separate sheets and pinned properly.
4. All the questions in the assignments have been answered.

WISH YOU ALL THE BEST

**DISCIPLINE OF PSYCHOLOGY
SOSS, IGNOU, NEW DELHI**

**PSYCHOPATHOLOGY (MPCE 011)
TUTOR MARKED ASSIGNMENT
(TMA)**

**Course Code: MPCE-011
Assignment Code: MPCE-011/ASST/TMA/2022-23
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each.

3 x 15 = 45 marks

1. Discuss the causes and treatment of panic disorder.
2. Discuss the etiology and treatment of post traumatic stress disorder.
3. Discuss the clinical features and etiology of dissociative disorders.

SECTION – B

**Answer the following questions in 400 words each.
marks**

5 x 5 = 25

4. Explain the purpose and approaches to the classification of psychopathology.
5. Describe the types of delusions. Differentiate between delusions and hallucinations.
6. Explain the symptoms and clinical features of obsessive compulsive disorder.
7. Explain the symptoms of bipolar disorder.
8. Discuss the etiology of schizophrenia.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 marks

9. Anxiety and defense mechanisms
10. Tick disorders
11. Hypochondriasis
12. Seasonal affective disorder
13. Stimulants and depressants
14. Paranoid personality disorder
15. Borderline personality disorder
16. Postpartum psychosis
17. Positive and negative symptoms
18. Detoxification

**PSYCHODIAGNOSTICS (MPCE 012)
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPCE 012
Assignment Code: MPCE 012/ASST/TMA/2022-2023
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

**Answer the following questions in 1000 words each.
Marks**

3 x 15 = 45

1. Give an overview of instruments for cognitive functioning.
2. Discuss the administration and scoring of Rorschach test.
3. Describe the ethics in assessment.

SECTION – B

**Answer the following questions in 400 words each.
Marks**

5 x 5 = 25

4. Describe some of the widely used neuropsychological tests.
5. Explain alternative apperception tests.
6. Elucidate the areas to be covered under diagnostic interview.
7. Define creativity. Discuss the measures to assess creativity.
8. Discuss the stages and steps in psycho diagnostics.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 Marks

9. Clinical usefulness of projective techniques
10. California personality inventory
11. Tests of implicit memory
12. Differential Abilities Scale
13. Sorting tests
14. Mental Status Examination
15. Use of test batteries
16. Semi-structured interview
17. Wechsler intelligence test
18. Clinical use of intelligence test

**PSYCHOTHERAPEUTIC METHODS (MPCE 013)
TUTOR MARKED ASSIGNMENT
(TMA)**

**Course Code: MPCE 013
Assignment Code: MPCE 013/ASST/TMA/2022-23
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each. 3 x 15 = 45 marks

1. Explain behavior change strategies based on operant conditioning.
2. Describe the use of various psychotherapy with older adults.
3. Explain the process of counseling in Roger's client centred therapy.

SECTION – B

Answer the following questions in 400 words each. 5 x 5 = 25 marks

4. Explain dysfunctional thinking.
5. Describe the different types of groups.
6. Discuss therapeutical approaches in case of terminal illness
7. Explain the features of psychodynamic technique.
8. Explain integrative psychotherapy with examples.

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 marks

9. Transference
10. Psychosocial tasks of middle adulthood
11. Weisman's four stages of dying
12. Unconditional positive regard
13. Active listening
14. Timing of events model
15. Multisystemic therapy
16. Stress inoculation
17. Narrative therapy
18. Schema

**COUNSELLING PSYCHOLOGY (MPCE - 021)
TUTOR MARKED ASSIGNMENT
(TMA)**

**Course Code: MPCE-021
Assignment Code: MPCE-021/ASST/TMA/2022-23
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each.

3 x 15 = 45 marks

1. Explain the techniques used in behavior therapy.
2. What is art therapy? Describe the steps in art therapy.
3. Explain the need and scope of educational counseling.

SECTION – B

**Answer the following questions in 400 words each.
marks**

5 x 5 = 25

4. Describe the drama therapy techniques.
5. Explain transactional analysis
6. Who is a vulnerable child? Describe counseling for children with disability
7. What are the usual psychological responses to a HIV positive test result? Describe counseling for the AIDS patients and their family.
8. Describe the goals and steps involved in group counselling.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 marks

9. Free association
10. Counter transference
11. Beneficence
12. Difference between guidance and counseling
13. Anxiety hierarchy
14. Four broad categories of rights of children
15. Diagnosis of anorexia nervosa
16. Clinical features in paranoid personality disorder
17. Seasonal affective disorder
18. Supportive psychotherapy

**ASSESSMENT IN COUNSELLING AND GUIDANCE (MPCE 022)
TUTOR MARKED ASSIGNMENT (TMA)**

Course Code: MPCE-022

Assignment Code: MPCE-012/ASST/TMA/2022-23

Marks: 100

NOTE: All Questions Are Compulsory.

The answers are to be written in own words. Do not copy from the course material or any other source.

SECTION – A

**Answer the following questions in 1000 words each.
marks**

3 x 15 = 45

1. Explain the meaning of Psychological Testing and discuss the types of Psychological tests.
2. Describe theoretical approaches of counseling and elucidate Cognitive counseling approach.
3. Discuss the development and component of school guidance and counseling programme

SECTION – B

**Answer the following questions in 400 words each.
marks**

5 x 5 = 25

4. Differentiate between Psychological Assessment And Psychology Testing.
5. Explain issues in assessment.
6. Discuss the basic issues in case history and elucidate format of case history taking.
7. Explain the Roger's theory of Personality.
8. Describe the goal, role and techniques of Ration Emotive Therapy (RET)

SECTION – C

**Answer the following questions in 50 words each.
marks**

10 x 3 = 30

9. Reliability and Validity of the test
10. Types of Interview
11. Classification of tests
12. Fully functioning person
13. Unconditional Positive Regards
14. Ways to reduce risk and promote health
15. Types of Guidance and Counselling
16. Mental Status Examination
17. Planning for problem solving
18. Self concept

**INTERVENTIONS IN COUNSELLING (MPCE - 023)
TUTOR MARKED ASSIGNMENT
(TMA)**

**Course Code: MPCE-023
Assignment Code: MPCE-023/ASST/TMA/2022-23
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each. 3 x 15 = 45 marks

1. Explain Autism spectrum disorder. Describe the causes and counseling techniques for such children.
2. Describe the stages in couple counseling.
3. Explain cognitive behavior modification. Describe the techniques used in it.

SECTION – B

Answer the following questions in 400 words each. 5 x 5 = 25 marks

4. Describe the stages of interpersonal counseling.
5. Describe the techniques for helping children with attention deficit hyperactivity disorder.
6. Explain the key assumptions of solution-focused counseling
7. Explain application of cognitive therapies for personal-social related issues.
8. Define eclectic. Describe the three pathways of integrative approach in counseling.

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 marks

9. Tics
10. Enuresis/encopresis
11. Jungian psychodynamics
12. Selective mutism
13. Mental filter distortion
14. Reality therapy
15. Psychodrama
16. In groups and out groups
17. Challenges of e-counselling
18. Psychotherapy

**ORGANISATIONAL BEHAVIOUR (MPCE-031)
TUTOR MARKED ASSIGNMENT
(TMA)**

**Course Code: MPCE-031
Assignment Code: MPCE-031/ASST/TMA/2022-23
Total Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 500 words each. 3 x 15 = 45 Marks

1. Discuss the managerial implications of the expectancy theory and equity theory of motivation.
2. Discuss the characteristic features and classification of different styles of leadership.
3. Critically analyze the different models of organization.

SECTION – B

Answer the following questions in 200 words each. 5 x 5 = 25 Marks

4. Extrinsic and intrinsic motivation
5. Principles of management
6. Types of Organizational Commitment
7. Ethics in Organisation behavior management
8. Attribution theory of motivation

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 Marks

9. Flexible Working Hours
10. Differences between primary and secondary motivation
11. Types of reinforcement
12. Effects of modeling on behavior
13. Types of Conflict
14. Laboratory seminar training
15. Issues related to change management
16. Importance of motivation in organization
17. Types of organization
18. Scope of organizational Psychology

**HUMAN RESOURCE DEVELOPMENT (MPCE-032)
TUTOR MARKED ASSIGNMENT
(TMA)**

**Course Code: MPCE-032
Assignment Code: MPCE-032/ASST/TMA/2022-23
Total Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 500 words each. 3 x 15 = 45 Marks

1. Differentiate between Human Resource Management and Human Resource Development.
2. Describe the techniques and methods of training and development. Which is the most relevant technique according to you? Give reason.
3. Critically analyze the traditional methods of performance appraisal.

SECTION – B

Answer the following questions in 200 words each. 5 x 5 = 25 Marks

4. Discuss in detail the term talent inventory.
5. Describe creativity in organizations.
6. Highlight general problems of management
7. Explain the distinctive feature of Indian Labour Laws.
8. Discuss the relevance of corporate social responsibility.

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 Marks

9. Internal workforce
10. Bench marking
11. Organisational citizenship
12. Indian Patent Act
13. Competency mapping
14. Work place violence
15. Sexual harassment in work place
16. Behaviourally Anchored rating Scales
17. Cost Reduction Strategy
18. Corporate counseling

**ORGANISATIONAL DEVELOPMENT (MPCE-033)
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPCE-033
Assignment Code: MPCE-033/AST/TMA/2022-23
Marks: 100**

NOTE: All Questions Are Compulsory. The answers are to be written in own words. Do not copy from the course material or any other source.

SECTION A

**Answer the following question in about 1000 words each
15x3=45 Marks**

1. Discuss the nature of organizational development.
2. Elucidate participation with a focus on its benefits and process. Explain various programmes can be used in order to promote participation amongst employees.
3. Explain the concept of diagnosis and describe its phases.

SECTION B

Answer the following questions in about 400 words each

5x5=25 Marks

4. Explain job design with a focus on its approaches.
5. Describe various problems affecting team work.
6. Describe Marvin Weisbord's Six Box Model.
7. Explain any three models of programme evaluation.
8. Describe various strategies to motivate employees.

SECTION C

**Answer the following in about 50 words each
10x3=30 Marks**

9. Organisational learning
10. Action research
11. Second order change in organisational development.
12. Problem solving and cross-functional teams.
13. Parallel learning structures
14. The Power-Coercive approach
15. Formative and summative evaluation
16. Resistance to change
17. Cultural analysis
18. Behaviour modeling

**APPLIED POSITIVE PSYCHOLOGY (MPCE - 046)
TUTOR MARKED ASSIGNMENT
(TMA)**

**Course Code: MPCE-046
Assignment Code: MPCE-046/ASST/TMA/2022-23
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each. 3 x 15 = 45 marks

1. Explain the distinctions between the Indian and western psychological perspectives.
2. Describe the different ways in which emotions can be managed effectively.
3. Explain the key concepts in resilience and describe the evolution of the concept over time.

SECTION – B

Answer the following questions in 400 words each. 5 x 5 = 25 marks

4. Compare and contrast Seligman's and Wong's visions of positive psychology.
5. Define character strengths and point out their significance.
6. Explain forgiveness and highlight its importance for one's well-being.
7. Explain the positive outcomes of grit and determination.
8. Define mindfulness and describe the dimensions of it.

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 marks

9. Personality psychology and positive psychology
10. Pure research vs. applied research
11. Yama and Niyama
12. Transcendence as a virtue
13. Fixed vs. growth mindset
14. Three types of life by Seligman
15. Real self and ideal self
16. Five components of PERMA model
17. Emotional bank account
18. Employee engagement