

MAPC

**M.A. PSYCHOLOGY
SECOND YEAR COURSES
(MAPC)**

**Assignments
For July 2024 and January 2025
Sessions**



**Discipline of Psychology
School of Social Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068**

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

Assignments – July 2024 and January 2025 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 three sections with number of questions and all need to be answered.

Before you attempt the assignments, please read the instructions carefully provided in the Programme Guide. It is important that you write 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, 2024 Session	31st March, 2025	To The Coordinator of the Study Centre allotted to you
For January, 2025 Session	30th September, 2025 (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 in one file. Thus, you will have separate assignments for each course to submit at the study centre.
 - 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 not correct, 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. Assignment for each course has been prepared separately and spiral bound/ cellotaped/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/2024-25
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

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

1. Describe schizophrenia. Explain the causes and treatment of schizophrenia.
2. Describe the diagnostic features, causes and treatment of narcissistic personality disorder.
3. Discuss the etiology of post-traumatic stress disorder (PTSD). Describe the different situations eliciting PTSD.

SECTION – B

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

4. Explain the factors related to parental deprivation, separation and parenting styles as contributing to psychopathology.
5. Discuss the causes and treatment of panic disorder.
6. Discuss the biological and psychological factors contributing to obsessive compulsive disorder.
7. Describe the etiology of dissociative disorders.
8. Describe the symptoms of bipolar disorder.

SECTION – C

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

9. Childhood disintegrative disorder
10. Hypochondriasis
11. Treatment of histrionic personality disorder
12. Diagnostic criteria of paranoid personality disorder
13. Antisocial personality disorder
14. Delusion of grandeur
15. Kinds of paranoia
16. Depressants and stimulants
17. Parkinson's disease
18. Seasonal affective disorder

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

**Course Code: MPCE -012
Assignment Code: MPCE 012/ASST/TMA/2024-2025
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 concept of psychodiagnostics. Discuss the data sources for psychological assessment.
2. Discuss the formats and types of interviews used by clinical psychologists.
3. Describe FAMHA and highlight its reliability and validity.

SECTION – B

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

4. Describe the formats of self-report inventories.
5. Define and describe direct observation and self-monitoring.
6. Discuss the various models of psychological reports.
7. Explain memory assessment. Discuss the tests of implicit and explicit memory.
8. Discuss the stages and steps in psychodiagnostics.

SECTION – C

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

9. APA ethical principles
10. Characteristics of abstract attitude
11. Wisconsin Card Sort Test
12. Raven's Progressive Matrices
13. Stanford-Binet Scale
14. Reliability and validity of Rorschach Scores
15. Uses of Neuropsychological Assessment
16. Types of projective techniques
17. Edwards Personal Preference Schedule
18. Tell-Me-A-Story Test

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

**Course Code: MPCE-013
Assignment Code: MPCE 013/ASST/TMA/2024-25
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

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

1. Explain solution focused therapy in detail including the interventions used in it.
2. Describe the steps in cognitive behavior therapy. Explain the cognitive and behavioural techniques used in it.
3. Explain Roger's client centered therapy.

SECTION – B

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

4. Explain the structural and topographical models of personality by Freud.
5. Describe the techniques of interpersonal psychotherapy.
6. Explain parent child interaction therapy (PCIT).
7. Describe the different ways to integrate various counseling theories or psychotherapies.
8. Explain group psychotherapy in terms of its settings and theoretical principles.

SECTION – C

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

9. Ego defense mechanisms
10. Narrative therapy
11. Psychosexual stages of development
12. Cognitive analytic therapy
13. Inferential distortions
14. Difference between positive punishment and negative punishment
15. Token economies
16. Five stages of dying by Kubler-Ross
17. Empathy
18. Psychotherapy in dementia

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

**Course Code: MPCE-021
Assignment Code: MPCE-021/ASST/TMA/2024-25
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each.

3 x 15 = 45 marks

1. Describe the causes and treatment for depression.
2. Describe the basic assumptions, process of counseling and techniques used in person centered therapy.
3. Explain transactional analysis in detail.

SECTION – B

Answer the following questions in 400 words each.

5 x 5 = 25 marks

4. Explain reality therapy highlighting its goals and technique.
5. Describe the view of human nature, role of counselor and counseling techniques used in Adlerian approach to counseling.
6. Describe the techniques in drama therapy.
7. Explain behavior therapy and describe the operant conditioning treatments.
8. Describe addictive behavior. Explain the causes and treatment for addiction and anxiety.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 marks

9. Beneficence and Non maleficence
10. Ego defense mechanisms
11. Stages of counselling
12. ABC model of CBT
13. Aversion therapy
14. Planning the group in counseling process
15. Meaning of a 'vulnerable child'
16. Signs and symptoms of HIV/AIDS
17. Bulimia nervosa
18. Paranoid personality disorder

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

**Course Code: MPCE-022
Assignment Code: MPCE-022/ASST/TMA/2024-25
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. 3 x 15 = 45 marks

1. Explain the different methods of assessment. Differentiate between psychological assessment and psychological testing.
2. Discuss the common errors in psychological assessment.
3. Describe the characteristics of an effective counselor.

SECTION – B

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

4. Describe the -pre requisites for assessment.
5. Explain pre counseling interview and preliminary assessment in counseling.
6. Explain the characteristics of interview.
7. Describe the case history taking format.
8. Discuss the counseling process based on Adler's theory.

SECTION – C

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

9. Process of assessment
10. Use of technology in assessment
11. Active listening
12. Components of assessment.
13. Reliability and validity
14. Dichotomous thinking
15. Positive regard
16. Fundamentals of narrative therapy
17. Differentiate between guidance and counseling
18. Role of counselor

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

**Course Code: MPCE-023
Assignment Code: MPCE-023/ASST/TMA/2024-25
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

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

1. Describe the stages in couple counseling.
2. Define eclecticism and describe the three pathways. Discuss the common ground for integrative perspective of counseling.
3. Explain e-counselling and the ethical issues in it. Highlight the benefits and challenges of e-counselling.

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 symptoms of ADHD. Explain the techniques for helping children with ADHD.
6. Discuss the key assumptions of solution-focused counseling.
7. Describe the application of cognitive therapies in counseling.
8. Explain the meaning and principles of behavior modification.

SECTION – C

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

9. Goals of counselling
10. Gestalt therapy
11. Learning disability
12. Sleep walk
13. Causes of Autism spectrum disorder
14. The miracle question
15. Stress inoculation technique
16. The sequence in the REBT model
17. Types of groups in counselling
18. Unconditional positive regard

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

**Course Code: MPCE 031
Assignment Code: MPC 031/ASST/TMA/2024-25
Marks: 100**

NOTE: All Questions Are Compulsory

SECTION - A

Answer the following question in about 1000 words each: 15 x 3 = 45 marks

1. Elaborate the various principles of learning.
2. Explain the different content theories of motivation.
3. Elucidate the five key principles of change management.

SECTION - B

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

4. Describe the steps and techniques of conflict resolution.
5. Discuss the scope of organizational psychology.
6. Discuss the relevance of team and the Twelve C's of team building.
7. Discuss the scope and importance of organizational behaviour.
8. Define leadership and discuss the various classification of leadership.

SECTION - C

Answer the following in about 50 words each: 10 x 3 = 30 marks

9. Cognitive Mapping.
10. Inoculation.
11. Relationship between motivation and performance.
12. Differences between Intrinsic and Extrinsic motivation.
13. Quality Control Circles.
14. Psychological Contract.
15. Intellectual leadership.
16. Dysfunctional Behaviour.
17. Issues of managing change.
18. Work-Life Balance.

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

**Course Code: MPCE -032
Assignment Code: MPCE 032/ASST/TMA/2024-25
Marks: 100**

NOTE: All Questions Are Compulsory

SECTION A

Answer the following question in about 1000 words each: 15 x 3=45 marks

1. Explain the ways and relevance of managing time and anger.
2. Elucidate upon the different approaches towards managing diversity in organisations.
3. Elaborate upon the process, benefits and methods of performance appraisal systems in organisations.

SECTION B

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

4. Describe the principles of management.
5. Discuss the ways through which work place violence can be prevented.
6. Discuss the various dilemmas being faced by Human Resources (HR) Head due to globalization.
7. Elaborate upon the various methods of training and development of employees in organizations.
8. Discuss the factors affecting HR management in Global Market.

SECTION C

Answer the following in about 50 words each: 10 x 3=30 marks

9. Methods of Need assessment.
10. Cross cultural training.
11. Virtual Reality.
12. Aims of HR planning.
13. Corporate Social Responsibility.
14. Cognitive Dissonance.
15. Person-Job Fit.
16. National Commission for women.
17. Work place bullying.
18. Human rights violation.

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

**Course Code: MPCE033
Assignment Code: MPCE033/ASST/TMA/2024- 25
Total Marks: 100**

NOTE: All Questions Are Compulsory

SECTION - A

Answer the following question in about 1000 words each

15 x 3=45 marks

1. Differentiate between organizational development and organizational change. Explain the importance of organizational development.
2. Define team work and discuss the problems affecting team work. Describe various ways in which team work can be enhanced.
3. Discuss the group/intergroup interventions and critically analyse their role in organizational development.

SECTION - B

Answer the following questions in about 400 words each

5 x 5=25 marks

4. Describe the various techniques for empowering employees.
5. Elucidate the major 'families' of organizational intervention activities.
6. Discuss the importance of mentoring in organisations.
7. Explain the stage of initial diagnosis in the process of organizational development.
8. Discuss any two models of change.

SECTION - C

Answer the following in about 50 words each

10 x 3=30 marks

9. Participative management
10. Grid OD 4, 5, 6
11. Executive coaching
12. T-group (sensitivity training)
13. Team building
14. Formative evaluation
15. Third wave consulting
16. Total Quality Management
17. Organizational culture
18. Job design

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

**Course Code: MPCE-046
Assignment Code: MPCE-046/ASST/TMA/2024-25
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

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

1. Describe the six steps in the process of research.
2. Explain the meaning of self-forgiveness and describe its determinants. Differentiate it from interpersonal forgiveness.
3. Explain different strategies to manage emotions effectively. How do positive emotions influence our well-being?

SECTION – B

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

4. Explain the concept of self and describe different aspects of self.
5. Describe the ten criteria based on which the list of virtues and character strengths were arrived at.
6. Describe aspects of self-regulation and explain self-regulated learning.
7. Describe the benefits of mindfulness.
8. Explain positive parenting. Describe the ways to practice positive parenting.

SECTION – C

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

9. Happiness pie chart
10. Components of self-efficacy
11. Four waves of resilience research
12. Learned optimism
13. Neurobiology of hope
14. Flow and engagement
15. Sternberg's triangular theory of love
16. Activity theory of aging
17. Diathesis-stress model
18. Post-traumatic growth