

**BPCG 173**

**BACHELOR DEGREE PROGRAMME**

**GENERIC ELECTIVE (GE)**

**TUTOR MARKED ASSIGNMENT**

**JULY 2024 & JANUARY 2025 ADMISSION CYCLE**

**COURSE CODE: BPCG173**

**COURSE TITLE: PSYCHOLOGY FOR HEALTH AND WELLBEING**



**SCHOOL OF SOCIAL SCIENCES (SOSS)**

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**

**MAIDAN GARHI, NEW DELHI - 110068**

## Dear Learner,

As we have informed you in the Programme Guide, evaluation at IGNOU consists of two parts: i) continuous evaluation through assignments, and ii) term-end examination. In the final result, assignments of a Course will carry 30% weightage while 70% weightage is given for term-end examination (total 100 marks).

BPCG 173 is a 6 credits course and has three assignments.

**Assignment I** has Descriptive Category Questions (DCQs). These are meant for writing essay type answers, with an introduction and a conclusion. These are intended to test your ability to describe understanding/knowledge about the topic in a systematic, to-the-point, and coherent manner.

**Assignment II** has Middle Category Questions (MCQs). These questions require you to first analyse the topic in terms of arguments and explanations and then write the answers in a concise manner. They are meant to test your ability to clearly understand concepts and processes.

**Assignment III** has Short Category Questions (SCQs). These questions are meant to improve your skill of recall the relevant/precise information about persons, writing, events, and or clear understanding of concepts and processes.

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 according to the word-limit set for a particular section. Remember, writing answers to assignment questions will improve your writing skill and sharpen your understanding of the concepts. It will also help you prepare for the term-end examination.

## Submission

Session	Last Date of Submission*	To be Sent
For July 2024	31st March, 2025	To
For January 2025	30 <sup>th</sup> September 2025	The Coordinator of the Study Centre allotted to you
	(Please check the dates from <a href="http://www.ignou.ac.in">www.ignou.ac.in</a> )	

\* You need to submit the assignments within the stipulated time for being eligible to appear in the term-end examination.

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 **only** to the Coordinator of the Study Centre allotted to you.

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

1. You will find it useful to keep the following points in mind:
  - i. **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.
  - ii. **Organisation:** Read the study material carefully, analyse it, and then prepare 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
  - iii. **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission. Write each answer neatly with proper spacing, and underline the points you wish to emphasise. Make sure that the answer is around the suggested word limit.
2. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a four cm 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.
3. **Answers should be in your own handwriting.** Do not print or type the answers. Do not copy your answers from the study material sent to you by the University or from other learners. If you copy, you will get zero marks for the respective question.
4. You need to attach a copy of the TMA with the completed assignment before submitting it.
5. 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.
6. 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 center for correction and transmission of correct score to headquarters.

**Wish you all the best!**

**Discipline of Psychology  
SOSS, IGNOU, New Delhi**

# **PSYCHOLOGY FOR HEALTH AND WELLBEING (BPCG 173)**

## **Tutor Marked Assignments (TMA)**

**Course Code: BPCG173**

**Assignment Code: Asst /TMA /July 2024- January 2025**

**Total Marks: 100**

**NOTE: All assignments are compulsory.**

### **Instructions:**

1. Have a title page. Include details like Name, Enrolment number, Email id, Regional Centre, Study Centre, Programme Title and code, Course title and code.
2. Content should not be plagiarised.

### **Assignment I**

**Answer the following questions in about 500 words each. Each question carries 20 marks.**

$2 \times 20 = 40$

1. Describe the factors contributing to stress proneness.
2. Explain the concept of anxiety. Describe various anxiety disorders.

### **Assignment II**

**Answer the following questions in about 250 words each. Each question carries 10 marks.**

$3 \times 10 = 30$

3. Differentiate between medical and holistic models.
4. Define coping and describe its goals.
5. Explain the components of food.

### **Assignment III**

**Answer the following questions in about 100 words each. Each question carries 6 marks.**

$5 \times 6 = 30$

6. Health-illness continuum
7. Types of stress
8. Time management matrix
9. Acute and chronic pain
10. Gainful employment