

MAPC

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

(MAPC)

**Assignments
For July 2023 and January 2024
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 2023 and January 2024 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, 2023 Session	31st March, 2024	To The Coordinator of the Study Centre allotted to you (Please check the updates from www.ignou.ac.in)
For January, 2024 Session	30th September, 2024 (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/2023-24
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 psychosocial and socio-cultural causes of psychopathology.
2. Describe the clinical features, causes and treatment of borderline personality disorder.
3. Describe the common substances and accompanying psychiatric symptoms. Highlight the diagnostic features of substance induced mood disorder.

SECTION – B

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

4. Provide the clinical picture of attention deficit and hyperactive disorder and discuss its causes.
5. Discuss the biological and psychological factors contributing to phobic disorder.
6. Explain the types of delusional disorder.
7. Describe the diagnostic features of dependent personality disorder.
8. Discuss the causes and treatment for paranoid personality disorder.

SECTION – C

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

9. Stages of psychosexual development
10. Approaches to the classification of psychopathology
11. Asperger syndrome
12. Oppositional defiant disorder
13. Classification of bipolar disorder
14. Parkinson's disease
15. Characteristics of schizophrenia
16. Treatment of obsessive compulsive disorder
17. Body dysmorphic disorder
18. Eye movement desensitization and reprocessing (EMDR)

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

Course Code: MPCE 012

Assignment Code: MPCE 012/ASST/TMA/July 2023-January 2024

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 practical application of psychological assessment.
2. Explain the purpose of diagnostic assessment. Discuss the areas to be covered in a diagnostic interview.
3. Examine the tests of implicit memory and explicit memory.

SECTION – B

Answer the following questions in 400 words each.

5 x 5 = 25 Marks

4. Define psychodiagnostics. Explain the variable domains of psychological assessment.
5. Differentiate between descriptive and predictive assessments.
6. Elucidate Mental Status Examination.
7. Delineate the characteristics and explain the administration of Stanford-Binet Scale.
8. Discuss the stages and steps in psychodiagnostics.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 Marks

9. Unstandardising standardized tests
10. APA Ethics Code
11. Crisis interview
12. WAIS-IV
13. Ravens Progressive Matrices
14. Referral question
15. Characteristics of tests of abstraction
16. Wisconsin Card Sorting Test
17. Torrance test of creativity
18. Uses of neuropsychological assessment

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

**Course Code: MPCE 013
Assignment Code: MPCE 013/ASST/TMA/2023-24
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

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

1. Explain interpersonal psychotherapy in terms of its characteristics and techniques.
2. Define integrative psychotherapy. Explain different ways to psychotherapy integration.
3. Define couple therapy. Explain the different approaches to couple therapy.

SECTION – B

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

4. Explain the Developmental, Individual difference and Relationship based model (DIR).
5. Explain the treatment principles of cognitive behaviour therapy.
6. Describe the areas of application for behavior modification techniques.
7. Explain the goals and views of human nature as per client centered therapy.
8. Explain psychotherapy in the context of terminal illness.

SECTION – C

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

9. Attachment and Biobehavioural Catch-up (ABC)
10. Aim of play therapy
11. Cognitive analytic therapy
12. Systematic desensitization
13. Multimodal therapy
14. Negative punishment
15. Types of groups
16. Life review therapy
17. Psychosocial tasks of middle adulthood
18. Projective identification

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

**Course Code: MPCE-021
Assignment Code: MPCE-021/ASST/TMA/2023-24
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 assumptions and therapeutic process in solution focused brief therapy.
2. Define eating disorders. Discuss the causes of eating disorders.
3. Explain Cluster A personality disorders.

SECTION – B

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

4. Explain the importance and process of terminating a counseling relationship.
5. Differentiate between guidance, counseling and psychotherapy.
6. Explain the ethical principles in counseling.
7. Explain the gestalt approach in terms of its goals, techniques, role of a counselor and views of human nature.
8. Explain the techniques used in cognitive behavior therapy.

SECTION – C

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

9. Stages in counseling
10. Transference and counter transference
11. ABCDEF technique
12. Ego psychology
13. Difference between psychodynamic therapy and psychoanalysis
14. Constructing an anxiety hierarchy
15. SOLER
16. Counselling for street children
17. Children's Rights as per UNCRC
18. Myths about AIDS

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

Course Code: MPCE-022

Assignment Code: MPCE-012/ASST/TMA/2023-24

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 meaning, purpose, principle and process of psychological assessment.
2. Define interview. Discuss the characteristics and types of interviews.
3. Discuss in detail about the role of counsellor in guidance and counselling.

SECTION – B

Answer the following questions in 400 words each.

5 x 5 = 25 marks

4. Explain the various types of psychological tests.
5. Discuss about pre-counselling interview.
6. Describe the process of assessment in counselling.
7. Explain mental status examination (MSE).
8. Differentiate between counselling and psychotherapy

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 marks

9. Case study method
10. Active listening
11. Components of assessment
12. Fundamentals of narrative therapy
13. Empathy
14. Confidentiality
15. Components of comprehensive guidance and counselling program
16. Basic steps of evaluation
17. The guidance calendar
18. Vocational developmental tasks

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

**Course Code: MPCE-023
Assignment Code: MPCE-023/ASST/TMA/2023-24
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 meaning and goals of Interpersonal psychotherapy and explain the problem areas addressed by it.
2. Discuss critically the solution-focused counseling, highlighting its assumptions, procedure, potentials and limitations.
3. Explain client-centred counseling and highlight its key concepts.

SECTION – B

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

4. Discuss the applications of Interpersonal counseling in special populations.
5. Describe the techniques for helping children with learning disability.
6. Explain separation anxiety and selective mutism. Describe the techniques for helping children with anxiety disorder.
7. Describe the various types of groups in counseling and their importance.
8. Describe the advantages and disadvantages of eclectic counseling.

SECTION – C

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

9. Counselling and psychotherapy
10. Symptoms of ADHD
11. Psychodrama
12. Technical eclecticism approach
13. Object relation theory
14. Marriage counselling
15. Informed consent
16. Ethical issues in e-counselling
17. Gestalt approach to counselling
18. Play therapy

ORGANISATIONAL BEHAVIOR (MPCE 031)

TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPCE 031

Assignment Code: MPC 031/ASST/TMA/2023-24

Marks: 100

NOTE: All Questions Are Compulsory

Section A

Answer the following question in about 1000 words each:

Marks 15x3=45

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

Section B

Answer the following questions in about 400 words each:

Marks 5x5=25

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

Section C

Answer the following in about 50 words each:

Marks 10x3=30

9. Differences between Intrinsic and Extrinsic motivation.
10. Inoculation.
11. Relationship between motivation and performance.
12. Cognitive Mapping.
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/2023-24

Marks: 100

NOTE: All Questions Are Compulsory

Section A

Answer the following question in about 1000 words each:

Marks 15x3=45

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

Section B

Answer the following questions in about 400 words each:

Marks 5x5=25

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

Section C

Answer the following in about 50 words each:

Marks 10x3=30

9. Cross cultural training.
10. Methods of Need assessment.
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.

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

**Course Code: MPCE-033
Assignment Code: MPCE-033/AST/TMA/2023-24
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. Define organisational development and describe its goals and importance.
2. Elucidate empowerment with a focus on its benefits and process.
3. Explain the concept of change and describe various models of change.

SECTION B

Answer the following questions in about 400 words each **5x5=25 Marks**

1. Elucidate action research with a focus on its theories.
2. Explain participative management with a focus on its processes and benefits.
3. Explain the concept of programme evaluation and describe its stages.
4. Describe the normative re-educative strategy for change.
5. Describe the major families of organisational development intervention activities.

SECTION C

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

1. Values
2. Multinational orientation
3. Engineering approach to job design.
4. Stages of team development
5. Team intervention strategies
6. Concept of diagnosis
7. Management By Objectives
8. Total Quality Management
9. Executive coaching
10. Mosaic mentoring

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

Course Code: MPCE-046
Assignment Code: MPCE-046/ASST/TMA/2023-24
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 self. Differentiate it from self-esteem and self-efficacy.
2. Explain the concept of flow. Describe the components of flow experience.
3. Describe the meaning and types of aging. Discuss the application of positive psychology for successful aging.

SECTION – B

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

4. Describe the process of topic selection and review of literature while doing research.
5. Explain various models of happiness.
6. Explain the various approaches to optimism.
7. Explain positive schooling. Describe the components and theoretical models of positive schooling.
8. Describe various strategies to enhance our close relationships using positive psychology constructs.

SECTION – C

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

9. Types of research based on the enquiry mode
10. Kindness and well-being
11. Grotberg's paradigm of resilience
12. Psychological capital
13. General Adaptation Syndrome model of stress
14. Post-traumatic growth
15. Ashtanga yoga
16. Positive visualization
17. Cognitive restructuring
18. Panchakosha model of well-being