

MAPC

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

**Assignments
For July 2025 and January 2026
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 2025 and January 2026 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, 2025 Session	31st March, 2026	To The Coordinator of the Study Centre allotted to you
For January, 2026 Session	30th September, 2026	
	(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/ cello taped/pinned properly.
- 4. All the questions in the assignments have been answered.

WISH YOU ALL THE BEST

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

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

Course Code: MPCE-046

Assignment Code: MPCE-046/ASST/TMA/July 2025-January 2026

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 concept of happiness. Describe the various models of happiness.
2. Describe various close relationships. Discuss applications of positive psychology in close relationships.
3. Explain the theories of successful aging. Describe applications of positive psychology for successful aging.

SECTION – B

Answer the following questions in 400 words each.

5 x 5 = 25 marks

4. Explain ethical guidelines in research.
5. Explain the components and determinants of self-forgiveness.
6. Explain self-efficacy. Describe the strategies for enhancing self-efficacy.
7. Describe the positive psychology interventions at work.
8. Describe the various strategies for management of stress.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 marks

9. Health psychology and positive psychology
10. Research designs in qualitative research
11. Fixed versus growth mindset
12. Emotional storytelling
13. Dispositional optimism
14. Mindfulness and physical health
15. The circumplex model of family
16. Psychological Capital
17. Benefits of meditation
18. Ashtanga yoga