

**MASTER OF SOCIAL WORK COUNSELLING  
(MSW(C) Second Year)**

**Assignment: 2025-2026**

**Course Titles**

|                |  |
|----------------|--|
| <b>MSW-012</b> | <b>: Introduction to Life Characteristics and Challenges</b> |
| <b>MSW-013</b> | <b>: Introduction to Psychological Basis of Counselling</b>  |
| <b>MSW-014</b> | <b>: Relevance of Social Case Work in Counselling</b>        |
| <b>MSW-015</b> | <b>: Basics of Counselling</b>                               |
| <b>MSW-016</b> | <b>: Fields of Counselling</b>                               |

**Last Date of Submission of Assignments to the Study Centre**

**July, 2025 Session – March 31, 2026**

**January, 2026 Session – September 30, 2026**



**School of Social Work  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi – 110 068**

Dear Learner,

Welcome to the MSWC (2nd year) programme of IGNOU. You have purposefully chosen to become a post graduate in Social Work Counselling to contribute towards improving the social conditions of people. To successfully complete your MSWC program, kindly follow the following tips:

- Read the programme guide before you begin your studies. It will clarify most of your doubts regarding how to go about doing the MSWC Program from IGNOU.
- Submit your assignments to the Study Centre on time.
- Be in touch with your Study Centre and Regional Centre
- Meet your Field Work Supervisor (FWS) at the Study Centre for Fieldwork Supervision
- Fill up the examination form on time.

Assignments are open book examination and we at IGNOU assign 30 per cent weightage to the assignment while calculating the overall grade for each course. **Assignments are to be handwritten and duly signed before its submission in the Study Centre.** In order to prepare a good set of assignment responses, you must first of all read the units) from which a particular question has been framed. Discuss with your peer-group and academic counselors who teach you. Prepare a draft, do the necessary correction on it and then, prepare the final version for submission to the Study Centre.

Make sure that each answer starts on a new page. For long and medium answers, ensure that there is an introduction, sub-titles, body and a conclusion. One line should be left between each paragraph. Make sure your answers are specific and in your own words and do not copy from books. Your answers will be exclusively based on the IGNOU materials only. Preparation of assignments is preparation for your term-end examination. Therefore take the assignments seriously.

(Dr.N.Ramya)  
Programme Coordinator

# Introduction to Psychological Basis of Counselling

## ASSIGNMENT

Course Code: MSW-013

Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- 1) Define psychology. Explain nature and various methods of psychology. 20  
Or  
Discuss the scope, importance and application of social psychology. 20
- 2) Describe the concept of abnormality. Explain classification of mental illness. 20  
Or  
Highlight the role of a professional social worker in the management of substance abuse. 20
- 3) Answer any two of the following questions in about 300 words each:
  - a) Explain the Rational Emotive Behavior Therapy. 10
  - b) Elaborate the Psycho analytical theory of personality by Sigmund Freud 10
  - c) List the psychiatric disorders seen in childhood. 10
  - d) Discuss the causes and preventive measures of dementia. 10
- 4) Answer any four of the following questions in about 150 words each:
  - a) Explain the Erikson's Stages of Psychosocial Development. 5
  - b) Enlist the various approaches to personality. 5
  - c) Describe the Components of group dynamics. 5
  - d) Mention the types of anxiety disorders. 5
  - e) What is mean by dissociative disorder. 5
  - f) Discuss the unipolar depression. 5
- 5) Write short notes on any five of the following questions in about 100 words each:
  - a) Ego Psychology 4
  - b) Neurosis 4
  - c) Unity in Diversity 4
  - d) Stereotype 4
  - e) Panic and Phobic Disorders 4
  - f) Mania 4
  - g) Schizophrenia 4
  - h) Alcoholism 4