

**Dated: 25 January, 2022**

**Guidelines for Online Conduction of Practical in MA Psychology IInd Year (Learner)**  
**(MPCE 014/24/34)**

Dear Learner,

The present guidelines are for the online conduction of practical in MA Psychology IInd Year. This is **NOT** applicable for the First-year learners of MA Psychology. These guidelines will be implemented for those learners who will be writing their **Term End Examination in December 2021 and June 2022 (MAPC IInd Year)**.

You must have received the Practical Handbook (MPCE 014/ MPCE 24/MPCE 034) by now; if not then you may access the softcopy from <http://www.ignou.ac.in/ignou/aboutignou/school/soss/programmes/detail/405/2>. **It is important to read the Handbook carefully to develop an overview about psychological testing according to the specialization groups that you have opted in the MA IInd Year.** Since lab work is not possible in the present pandemic crisis (COVID 19), the Discipline of Psychology has outlined different activities/tests to be completed as part of online conduction of practical. The three specialization groups have different sets of activities/tests to be completed under the guidance of academic counsellor. The activities/test have been given in a simple and self-explanatory manner.

- Tests: You will be administering the test on self, family member, or an acquaintance. A thorough understanding of the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing should be known to you. The psychological test has to be conducted under the guidance of academic counsellor. In the present situation, you need to inform your academic counsellor about the tests that you will be administering (the links for the tests have been provided from open education resources. The tests are primarily meant to create awareness and educational purpose only).
- Activity: In this format, an article link or a video link related to activity will be provided to you which will be followed by the instructions to complete the task.
- You need to prepare a document (report) of approximately 15-20 pages that will include all the activities which will be evaluated by the academic counsellor.
- There will be three online sessions, each of two hours duration where the academic counselors can explain the tests/activities mentioned below for each of the specialization groups. Attendance to the online sessions is **mandatory**.

Please read the activities/ tests as outlined separately in the specialization group opted by you. For any queries, please write to us at [monikamisra@ignou.ac.in](mailto:monikamisra@ignou.ac.in)/[smitagupta@ignou.ac.in](mailto:smitagupta@ignou.ac.in).

All the best,

Faculty, Discipline of Psychology

## TESTS AND ACTIVITIES RELATED TO EACH SPECIALIZATION

### GROUP A: CLINICAL PSYCHOLOGY (MPCE 014)

1. [Big Five Personality Test \(openpsychometrics.org\)](https://openpsychometrics.org)

The above link is related to the Personality test based on Five-Factor Model. It is for educational purpose and to learn about personality assessment. The test will be administered first on self and then on one of the family members/acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

2. <https://www.rorschach.org/>

Visit the above link related to Rorschach Inkblot Test. The link provides information about the ethical and professional use of Rorschach Inkblot Test. The link also has a 5-minute video clip about the Rorschach Inkblot Test. Read the content and watch the video clip carefully. Summarize the content in your own words and reflect on a case where it can be used as a stand-alone test or if it can be used with other tests to diagnose the symptoms (state your argument for both the conditions). In either case, the content should not be taken from the online material or your self-learning material verbatim. Type the summary and case where the test can be used in your own words.

3. You are aware that mental disorders are diagnosed with the help of DSM and ICD criteria. DSM-IV- TR is also mentioned in your self-learning material. DSM-5 was published by American Psychiatric Association in 2013. Now with the help of online or offline resources, discuss and figure out the key changes that have been made in DSM-5. The content should be coherently organized and not to be copied from any source.

4. <http://indianmhs.nimhans.ac.in/Docs/Summary.pdf>

Visit the above link for National Mental Health Survey of India 2015-16. Summarize the key findings obtained by the survey with respect to mental disorders. Type the content and organize it coherently.

5. Consider the following hypothetical case of Jai, a 30-year old man. He was brought to you (you as a counsellor) by his wife for psychological treatment.

Jai is a 30 year-old man who was working in the army and who was discharged of his duty in 2018, after serving his term in Afghanistan. His wife reported that since he returned from the posting, he has not been 'his original self'. And this has impacted their relationship also. Jai reports that he has difficulty in sleeping and when he sleeps, he has nightmares. He further says that he has undergone many traumatic and distressing experiences in his last posting which he is not sure of sharing it with anyone. He is irritable and spends his time alone. He becomes startled easily. In his present job, he is not able to perform his duties properly. He has vivid and intrusive memories of the traumatic experiences that he had which he declines to share with anyone and neither wants to meet anyone that reminds him of the experiences.

- a) Identify the disorder and its symptoms.
- b) What will you suggest for the psychological treatment for such disorder?

All the above five tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

### **GROUP B: COUNSELLING PSYCHOLOGY (MPCE 024)**

1. [Big Five Personality Test \(openpsychometrics.org\)](https://openpsychometrics.org)

The above link is related to the Personality test based on Five-Factor Model. It is for personal use only. The test will be administered first on self and then on one of the family members/ acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

2. <https://www.youtube.com/watch?v=idvdtvmvH1w&feature=youtu.be>  
[https://www.youtube.com/watch?v=dX\\_6WVWH8cw&feature=youtu.be](https://www.youtube.com/watch?v=dX_6WVWH8cw&feature=youtu.be)

Visit the above links and your next activity will be based on the video links. Prepared by NIMHANS, Bangalore on Mobile/Internet Addiction, the first video clip is approximately of 4-minutes while the second video clip is approximately of 44 minutes, The video gives information about the signs of mobile/internet addiction, at-risk children, preventive measures that can be adopted by the caregiver, research and status of mobile/internet addiction.

In the light of the above videos, answer the following:

- Is Internet disorder identified as a separate disorder?
  - What are the different names given to internet addiction?
  - Identify the probable causes of such behavioural addictions.
  - If you are placed as a School Counsellor, devise a plan for the parents of school children, especially from Class I to V, to handle the issue of mobile/internet addiction.
3. You are aware that mental disorders are diagnosed with the help of DSM and ICD criteria. DSM-IV- TR is also mentioned in your self-learning material. DSM-5 was published by American Psychiatric Association 2013. Now with the help of online or offline resources, discuss and figure out the key changes that have been made in DSM-5. The content should be coherently organized and not to be copied from any source.
4. Case History: This activity will be conducted in the format mentioned in the Handbook of Practical. Refer to Page. No. 10 of the Handbook for the Case History format. You may take Case History information from any of your acquaintance/ family member, who have faced any psychological problems during the present COVID crisis. Record the information of the Case History in your File.
5. Consider the following hypothetical case of Tanveer, a 17-year old boy. He was brought to you (you as a counsellor) by his mother for counselling and guidance.

Tanveer, is a 17-old year boy who completed his Class XII with average marks. He is an intelligent and hard-working student, however, for the last two years he has become disinterested in his studies. He is thoroughly dependent upon luck and fortune. Presently, he has been following someone on social media and started to meditate for long hours each day. The duration of meditation is somewhere between five-six hours everyday. Though, completely disinterested in studies, he has applied in various colleges and University of his city for an undergraduate programme. He wants to pursue Journalism, but his father wants him to pursue Law (father is a lawyer).

The mother has come to you for counselling and guidance for Tanveer.

- How will you counsel and guide Tanveer?
- What measures would you suggest for the family members?

All the above five tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

### **GROUP C: INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY (MPCE 034)**

1. [Big Five Personality Test \(openpsychometrics.org\)](https://openpsychometrics.org)

The above link is related to the Personality test based on Five-Factor Model. It is for personal use only. The test will be administered first on self and then on one of the family members/ acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

2. [https://bhmt.org/wp-content/uploads/2016/04/BHMT\\_CC\\_Life-Values\\_Inventory.pdf](https://bhmt.org/wp-content/uploads/2016/04/BHMT_CC_Life-Values_Inventory.pdf)

Please follow the above link. The link will take you to a test that relates to the construct of decision-making. The test can be administered on self, family members, and acquaintance. However, if you administer the tool on someone else, do not forget to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant (if it is self-administered, then please read carefully) as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

3. [Conflict Management Styles Assessment.pdf \(blake-group.com\)](https://blake-group.com)

Please follow the above link. The link gives access to Assessment of Conflict Management Styles. The scoring is indicated in the test as well as a brief description of conflict management styles are also mentioned. The test can be administered on self, family

members, and acquaintance. However, if you administer the tool on someone else, do not forget to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant (if it is self-administered, then please read carefully) as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

4. <http://www.mindgarden.com/documents/PerceivedStressScale.pdf>

Please follow the above link. The link gives access to Perceived Stress Scale. The scoring is indicated in the test as well as a brief description of perceived stress is also mentioned. The test can be administered on self, family members, and acquaintance. However, if you administer the tool on someone else, do not forget to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant (if it is self-administered, then please read carefully) as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

5. Consider the following hypothetical case of Ms.Preeti, employed in an organization.

Ms. Preeti recently joined as a software engineer in a company. She was thrilled to get a job in this company. After few days of her joining, Mr. Raghav was also recruited at the equivalent post of Ms. Preeti in the same company. She was surprised to find that though Mr. Raghav had less work experience than her, he was getting a higher salary and benefits comparatively. After perceiving that despite of having more expertise, she was being rewarded less than Mr Raghav, she no more felt like giving her full efforts and dedication to the job. Due to her decrease in commitment, the company had to suffer in its service and productivity.

On the basis of the above case,

1. Outline the theory of motivation that you think deals with such social comparison at organizational level.
2. What are the remedies/ways that you would suggest to motivate Ms Preeti to reduce such perceived inequity?

All the above five tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

**Evaluation:** The evaluation of the practical course will involve both internal as well as external assessment that carries 100 marks (refer table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the attendance in online sessions, practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 40 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation</b>	
Component	Marks	Component	Marks
Presentation of content And overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

**Guidelines for Online Conduction of Practical in MA Psychology IInd Year (Academic Counsellor)**  
**(MPCE 014/024/034)**

Dear Academic Counsellor,

The present guidelines are for the online conduction of practical in MA Psychology IInd Year. This is **NOT** applicable for the First-year learners of MA Psychology. These guidelines will be implemented for those learners who will be writing their **Term End Examination in December 2021 and January 2022.**

You must have access to the Practical Handbook (MPCE 014/ MPCE 24/MPCE 034); if not then you may access the softcopy from <http://www.ignou.ac.in/ignou/aboutignou/school/soss/programmes/detail/405/2>. The Handbook presents an overview about psychological testing according to the specialization groups that is opted by the learner in MA IInd Year. Since lab work is not possible in the present pandemic crisis (COVID), the Discipline of Psychology has outlined different activities/tests to be completed as part of online conduction of practical. The three specialization groups have different sets of activities/tests to be completed under your guidance. The activities/test have been given in a simple and self-explanatory manner.

- Tests: About the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing need to be explained to the learner. The

psychological test has to be conducted under your guidance. In the present situation, the learner needs to inform you about the tests that they will be administering.

- Activity: In this format, an article link or a video link related to the activity will be provided to you which will be followed by the instructions to complete the task.
- There will be three online academic counselling sessions, each of two hours duration where you need to explain the tests/activities mentioned below for each of the specialization groups. Attendance to the sessions is **mandatory**.
- Please read the tests/activities before conducting online sessions. The activities/ tests are outlined separately for each specialization group.

**Evaluation:** The evaluation of the practical course will involve both internal as well as external evaluation that carries 100 marks (refer table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 40 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation (TEE)</b>	
Component	Marks	Component	Marks
Presentation of content and overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

Thank you for your cooperation.

Faculty, Discipline of Psychology