

**Master of Arts (Psychology)  
(MAPC)**

**HANDBOOK ON PROJECT  
(MPCE-016/026/036)**

[Applicable for January 2018 admission cycle and onwards]



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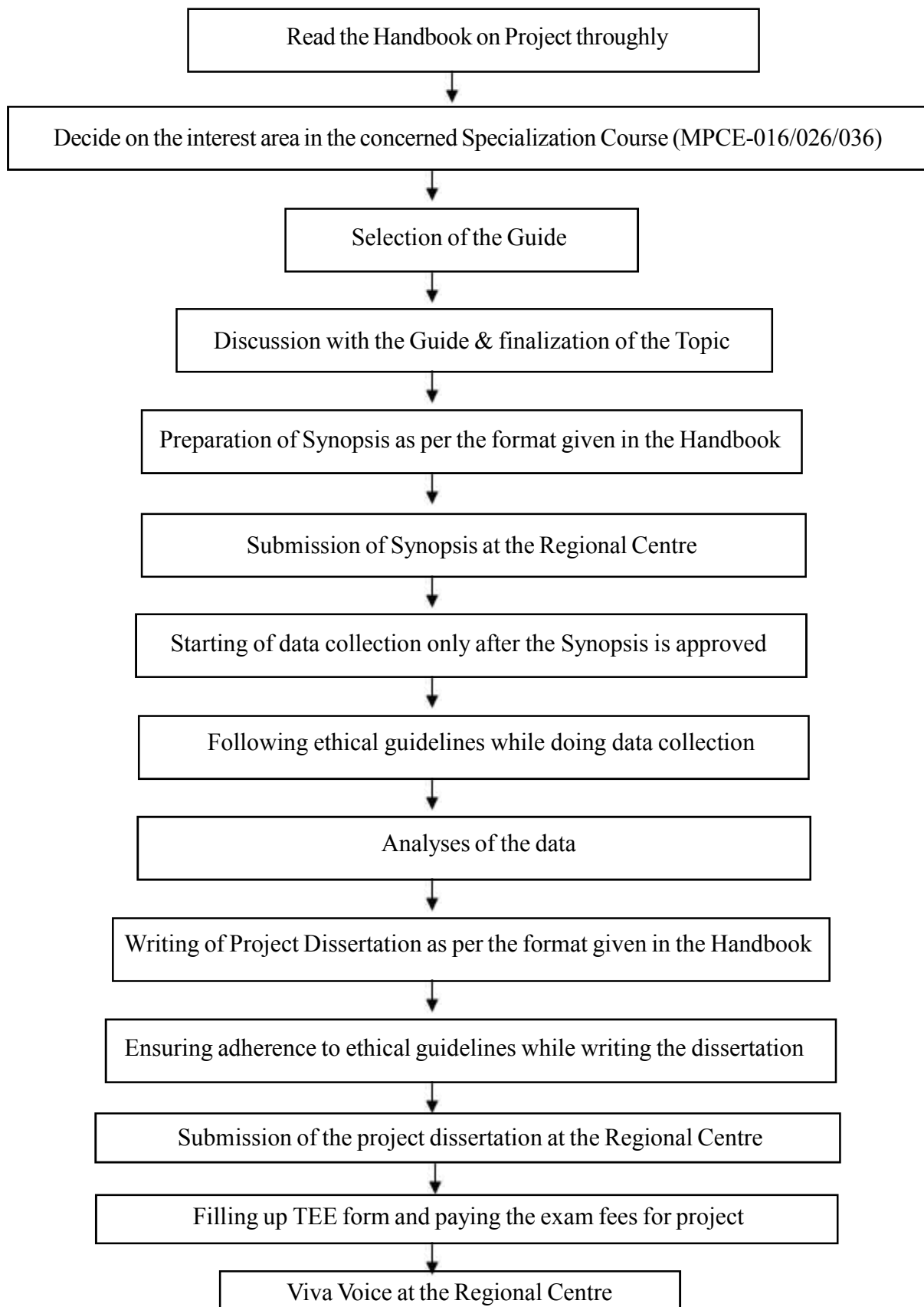
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## Flow Chart

(Synopsis Preparation to Project Dissertation Submission and Viva)



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## 1.0 INTRODUCTION

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M.A. II<sup>nd</sup> year has a course on Project which is of 6 credits. This course requires you to undertake a Project work on any topic of your interest based on the specialisation group such as Clinical Psychology, Counselling Psychology or Industrial and Organisational Psychology that you have chosen. Since the Project is of 6 credits, you have to put in a minimum of 180 hours to complete this course (one credit is equal to 30 hours of study). The course codes are as follows:

**MPCE 016: Project in Clinical Psychology**

**MPCE 026: Project in Counselling Psychology**

**MPCE 036: Project in Industrial and Organisational Psychology**

Project is a research work where you prepare a synopsis under the supervision of a guide. After the approval of the synopsis, you do the data collection, data analysis and then report the findings in the form of dissertation. **It is to be noted that you need to read the entire Project Handbook thoroughly so that you have clear understanding of the procedure involved and can complete the project in time.**

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## 2.0 GENERAL OBJECTIVES

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The general objectives of Project is to help the learner to:

- develop research skills
- solve research problems through scientific method of investigation
- develop writing, presentation, communication and analytical skills
- develop ability to apply multi disciplinary concepts, tools and techniques

Within this framework, Project Work at the M.A. level (MPCE 016/026/036) has the following specific objectives to enable you to:

- identify and formulate research problems
- write a good research proposal
- identify and use appropriate research design
- conduct scientific investigation in a systematic way
- collect and analyse the data
- learn to use appropriate statistical methods

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## 3.0 WHO CAN BE THE GUIDE?

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You will require a Guide for carrying out the Project.

The eligibility criteria for Guide is as follows:

- a) M.Phil/Ph.D. in Psychology with minimum two years Undergraduate/Post Graduate teaching/research experience in psychology (research experience while pursuing M.Phil & Ph.D. is not considered)

Or

- b) Master's Degree in Psychology with minimum two years full time teaching/research experience in psychology at Post Graduate level and NET/SLET/SET in psychology

Or

- c) Master's Degree in Psychology with minimum five years full time teaching/research experience in psychology at Undergraduate level and NET/SLET/SET in Psychology.

**Note: This is applicable for the learners enrolled for MAPC programme January 2014 admission cycle onwards.**

**You can take your guide from any one of the following three groups.**

- i) Academic Counsellors - Academic counsellors are already approved Guides. So, if you take academic counsellor as your guide, you do not need to take approval for them.
- ii) Approved List of Guides - You can take a guide from the approved list of guides provided by the Discipline of Psychology, SOSS, IGNOU, New Delhi. In such a case, you do not need to take approval.
- iii) Other Experts in Psychology - If you are taking any other expert in Psychology apart from the above two groups, you will need to take approval from the Discipline of Psychology, SOSS, IGNOU, New Delhi in the format as given in Appendix-V in the Handbook. You need to ensure that they fulfill the eligibility criteria as given above.

There will be remuneration to the Guide for guiding each project. S/he can claim Project Guidance remuneration using a Proforma (Appendix-XIII), after final submission of the dissertation at the Regional Centre.

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## **4.0 ROLE OF THE GUIDE**

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- To provide guidance regarding selection of a research topic.
- To encourage the learner to study books /newspapers/magazines; discuss with experts in the area to find out some topic of his/her interest.
- To provide the information about the settings where the empirical data for the project can be collected.
- To provide information about the related literature.
- To motivate the learner from time to time and to provide required help and guidance.
- Encourage the learner to work sincerely, honestly and originally and not to copy or reproduce the original text.
- To guide the learner to follow ethical guidelines while conducting research work and writing the project dissertation.
- Give reference letter which would help her/him to collect data for research study in different agencies, hospitals, schools or organisation pertaining to her/his area. The letter may also be given by the concerned study centre/ regional centre.

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## 5.0 SYNOPSIS FORMULATION AND SUBMISSION

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### 5.1 Preparation/Formulation of Project Synopsis

The project synopsis is an outline/blueprint of the project to be undertaken by you. To carry out project, you will first choose a subject area based on your interest. You can then finalize a topic in which you will be carrying out your project work after consultation with your guide. It is necessary that you review various research studies/literature and information on the topic selected. Different journals, books and information available on internet can be referred in this regard. This will help you understand the topic in a better manner and will also assist in writing the introduction, review of literature and research methodology for your synopsis.

The topic should be specific and focused so that it can be completed within the time limit. The objectives of the project work should be Specific, Measureable, Achievable, Realistic and Time bound. Since this is a Masters level course, the topic taken should not be very elementary. The study may involve quantitative or qualitative or mixed approach. Selection of a particular approach needs to be justified in the synopsis. The research needs to be conducted with primary data that includes psychological constructs (preferably with two continuous variables). The study should not be on secondary data. It should not focus on aspects like finding prevalence, incidence, awareness, or finding only gender differences or on test construction and adaptation. Overall, the relevance and importance of the topic need to be seen. It should contribute something significant to the field of research.

The synopsis should be typed on A4 size paper in Times New Roman, font size 12 with 1.5 spacing. It can be of 15-20 pages. The information included in the synopsis should **not be plagiarized**.

**The project synopsis needs to be submitted at the Regional Centre for evaluation.**

The following format needs to be followed for preparing the project synopsis:

**Title page:** The first page of the synopsis should indicate the title of the project, name of the learner, enrolment number, study centre, regional centre, year and name of the guide.

**Introduction:** This section should introduce the topic selected by the learner. It can also give a brief description of the variables taken.

**Review of Literature:** Review of literature is a collective body of work done by earlier researchers and published in the form of books, journals, articles, etc. It helps in generating ideas and developing significant questions for the research work. In this section, you will cite different studies related to your research work in a systematic and organised manner.

The review of related studies will primarily focus on author, year, objectives, sample, tools used and findings. This should not be copied verbatim from the source. The review of literature should be written in a flow and organized manner, not in bullet points. The purpose here is that you are discussing the related studies, not just mentioning these.

**Rationale of the Study:** The rationale for carrying out the particular project is explained here. It focuses on why do you want to do this study taking these variables.

**Methodology:** Methodology includes Research problem, Objectives, Hypothesis/es, Operational definition, Sample, Research design, Tests/Tools for data collection, and data analysis techniques.

- **Problem and objectives** are to be written specifically and clearly.

- **Hypotheses** are to be formulated wherever applicable (either null hypothesis/es or alternative hypothesis/es to be mentioned, not both). Hypothesis/es also need(s) to be written in a proper manner. Journals and research methodology text books can be referred to understand how objectives and hypothesis/es is/are to be written.
- **Operational definition** refers to the way you have defined the variable(s) in your research.
- **Sample** represents the population. The size and nature of the sample will depend on the topic selected. While providing details about nature and size of the sample, also mention the sampling technique used. Whether randomization is used or purposive sampling technique is employed will depend on the topic and nature of the sample in your research. Appropriate research design also needs to be specified.
- **Research design** needs to be decided and specified here. It should be appropriate as per the objectives of the study.
- **Tests/tools** for data collection are to be selected based on the objectives of the research. Standardized tools need to be used. The tools of data collection will include details about the test like name of the author(s), number of items, dimensions or domains, reliability, validity and norms. In case interview schedule is used to collect data, details about the questions included should be provided.
- **Data analysis** technique is then used to analyse the data obtained with the help of the tests/tools. Specific tools for data analysis should be mentioned. Appropriate data analysis techniques need to be used.

If the study is intervention based, details about intervention to be carried out, like duration, number of sessions involved, nature and content of intervention need to be specified.

**References (APA style):** References have to be written in APA format. These should be alphabetically listed. Please see below how to cite studies taken from different sources.

#### **Text taken from Books**

Anastasi, A. (1968). **Psychological Testing**. London: MacMillan Publishers Ltd.

#### **Article taken from Journal**

Dennison, B. (1984). Bringing corporate culture to the bottomline. *Organizational Dynamics*, 13, 22-24.

#### **Book Chapter**

Khan, A.W. (2005). Distance education for development. In S. Garg, (Eds.) **Open and distance education in global environment: Opportunities for collaboration**. New Delhi: Viva Books.

#### **Websites**

Hernandez M. & Barrioc (2016, October 1). Families and Medication use and adherence among Latinos with schizophrenia. *Journal of Mental Health*, 1-7, Retrieved from <http://dx.doi.org/10.1080/09638237.2016.122206>, accessed on 25.10.16

**Please visit [www.apa.org](http://www.apa.org) for information regarding citation from different sources and further clarification.**

- Note:**
1. You are required to read relevant text and literature related to your area of interest and topic selected.
  2. Do not begin data collection until your project synopsis is approved.
  3. You can have access to Central library, IGNOU, New Delhi. Remote access facility is also available. For further details, you may contact, Central Library, IGNOU, New Delhi.



You are advised to refer to MPC-005 in MAPC First Year for more information on research methods. This will help you to prepare your synopsis in an appropriate manner so that it gets approved and you are able to complete your project in time.

**Please read the sample synopsis given at the end of this handbook for your reference while preparing synopsis. The sample synopsis is not to be copied.**

## 5.2 Project Synopsis Submission and Approval

You will prepare the project synopsis and submit it at your Regional Centre. The Regional Centre will then get the synopses evaluated by experts from the list of Synopsis Evaluators approved by the Discipline of Psychology SOSS, IGNOU, New Delhi. Suggestions will be given (Appendix-II) wherever required. In case of non approval of your synopsis, you will have to resubmit the synopsis with necessary modifications. It is advised that you prepare a good synopsis in the first place itself so that it is approved, saving you time to complete the project in time.

You are advised to retain a copy of the synopsis.

Each project synopsis should contain the following in the sequence given below:

- a) Proforma for Approval of Project Synopsis (Appendix-I)
- b) Format for synopsis evaluation (Appendix-II)
- c) Guidelines for synopsis evaluation (Appendix-III)
- d) Consent letter of the Guide (Appendix-IV)
- e) Biodata of Guide, if required (Appendix-V)
- f) Copy of Grade Card regarding completion of MPC-005 and MPC-006
- g) Synopsis

**Synopsis that do not include the above will not be evaluated. You are required to submit synopsis during the scheduled date range only. Synopsis submitted after the given date range will not be considered. In such case, you will have to submit it in the next date range for synopsis submission.**

**Note:** You should follow the format of the synopsis in a systematic way. You can start working on the project only after the approval of the synopsis.

### Schedule of Dates

	<b>Project Synopsis Submission</b>
<b>July Batch</b>	1 <sup>st</sup> - 31 <sup>st</sup> October
<b>January Batch</b>	1 <sup>st</sup> - 30 <sup>th</sup> April

**Note:** Learners will send the soft copy of the synopsis alongwith the scanned copy of the synopsis approval proforma (Appendix-I) and the suggestions of the evaluator (Appendix-II) after the synopsis has been evaluated in the following email: [projectpsychology@ignou.ac.in](mailto:projectpsychology@ignou.ac.in)

## 5.3 Resubmission of Project Synopsis

In case of synopsis being not approved, comments/suggestions for reformulating the synopsis will be given by the synopsis evaluator. In such a case, the revised project synopsis should be submitted with a fresh Project synopsis approval form (Appendix-I) along with the earlier project

synopsis approval form containing the comments/suggestions. The original synopsis also needs to be submitted alongwith the revised synopsis.

**Note:** You are required to complete and pass the courses MPC-005 and MPC-006 in MA 1st year before submitting the synopsis for project (MPCE-016/026/036) in MA 2nd year. You need to submit a self attested photocopy of the **Grade Card mentioning passing of MPC-005 and MPC-006 Courses**. In the absence of this, the project synopsis **will not be evaluated**. This will be applicable for the learners enrolled for MAPC programme from January 2014 onwards.

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## **6.0 CARRYING OUT THE PROJECT**

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You are required to thoroughly read the literature, understand it and be very clear about the area in which you are going to do the project work. You should conduct and carry out the study in an ethical manner. Depending on the research topic finalized, the size and nature of the sample will be determined. You will also have to select suitable standardized tests/ tools to be used for data collection.

You will have to contact appropriate agencies/ organisations for data collection. Necessary permission should be taken from these agencies/ organisations. Reference letter with regard to this is given in Appendix-VII. The data should be collected and recorded in a systematic manner. The data collected is then analysed and the project dissertation is to be written in the format as given in section 7.0

You need to record every visit to library/Institution for reference work and also visit to school(s), hospital(s), organisation(s) for data collection in the format as given in Appendix-VIII.

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## **7.0 FORMAT OF THE DISSERTATION**

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Once your project synopsis is approved, you can start with your data collection. After the data is collected and analyzed, you can start working on your project dissertation. Remember to be in regular contact with your guide for guidance and help in carrying out project work and writing the dissertation.

The size of the dissertation depends on the nature of the theme of the project. However, it is desirable that the dissertation should be around 100 pages typed in double space. Report should be in A4 size papers and in a bound form. The language to be followed for the Project Dissertation work should be English.

The dissertation should be in the following format.

**Title page:** The first page of the dissertation should indicate the title, name of the learner, enrolment number, regional centre, year, and name of the guide.

**Certificates of Originality and Completion:** The format for the certificate are given in Appendix-IX and X.

**Acknowledgement**

**Table of Contents**

**Abstract:** A short summary of research work. It should be around 250-300 words.

**Introduction:** This section should introduce the topic selected by the learner. It can also give a brief description of the variables taken.

**Review of the literature:** Review of literature is a collective body of work done by earlier researchers and published in the form of books, journals, articles. It helps in generating ideas and developing significant questions for the research work. Various research studies related to the topic are described and discussed in a systematic manner. This will finally help in highlighting rationale/significance of the study.

The review of related studies will primarily focus on author, year, objectives, sample, tools used and findings. This should not be copied verbatim from the source. The review of literature should be written in a flow and organised manner, **not in bullet points**. Ensure that you also include recent studies (within last ten years).

**Rationale of the study:** The rationale for carrying out the particular project is explained here. You will have to justify here why do you want to do this study taking these particular variables.

**Methodology:** Methodology includes Research problem, Objectives, Hypothesis/es, Operational definition, Sample, Research design, Tests/Tools for data collection and Data analysis techniques.

- ***Problem and objectives*** are to be written specifically and clearly.
- ***Hypotheses*** are to be formulated wherever, applicable (either null hypothesis/es or alternative hypothesis/es are to be mentioned, not both). Hypothesis/es also need(s) to be written in a proper manner. Journals and research methodology text books can be referred to understand how objectives and hypothesis/es is/are to be written.
- ***Operational definition*** refers to the way you have defined the variables in you research.
- ***Sample*** represents the population. The size and nature of the sample will depend on the topic selected. While providing details about nature and size of the sample, also mention the sampling technique used. Whether randomization is used or purposive sampling technique is employed will depend on the topic and nature of the sample in your research.
- ***Research Design*** needs to be decided and specified here. It should be appropriate as per the objectives of the study.
- ***Tests/tools*** are to be selected based on the objectives of the research. The tools of data collection should include details about the test like name of the author(s), number of items, dimensions or domains, reliability, validity and norms. In case interview schedule is used, details about the questions included should be provided. If the study is intervention based, details about intervention to be carried out, like duration, number of sessions involved, nature and content of intervention need to be specified.
- ***Data analysis techniques*** are then used to analyse the data obtained with the help of the tests/tools. Appropriate data analysis techniques need to be used. Specific tools for data analysis should be mentioned.

**Results and Discussion:** The findings of the research after data analysis are reported in tabular and graphical form. This is then discussed in the light of existing research studies. Then implications of findings are also discussed.

**Conclusion:** Under this heading, the learner has to conclude the findings of research.

**Implications:** Implications of the findings need to be pointed out in this section.

**Delimitations and Limitations:** Delimitations refers to the scope within which the researcher has conducted the study. Limitations refer to the factors that could not be controlled by the researcher in the study.

**Suggestions for further research:** Based on research findings, you will provide here suggestions for further research.

**References (APA style):** References have to be written in APA format. These should be alphabetically listed. Please refer to the APA website.

Examples of references when taken from different sources are given below:

**Text taken from Books**

Anastasi, A. (1968). **Psychological Testing**. London: MacMillan Publishers Ltd.

**Article taken from Journal**

Dennison, B. (1984). Bringing corporate culture to the bottomline. *Organizational Dynamics*, 13, 22-24.

**Book Chapter**

Khan, A.W. (2005). Distance education for development. In S. Garg, (Eds.) *Open and distance education in global environment: Opportunities for collaboration*. New Delhi: Viva Books.

**Websites**

Hernandez M. & Barrioc (2016, October 1). Families and Medication use and adherence among Latinos with schizophrenia. *Journal of Mental Health*, 1-7, Retrieved from <http://dx.doi.org/10.1080/09638237.2016.122206>, accessed on 25.10.16

**Please visit [www.apa.org](http://www.apa.org) for information regarding citation from other sources and further clarification.**

**Appendices:** Includes tools used for data collection, master data chart etc.

**The Dissertation should contain the following:**

- a) Proforma for Approval of Project Synopsis in original (Appendix-I)
- b) Approved project synopsis in original
- c) Certificate of Originality duly signed by the learner and the guide (Appendix-IX).
- d) Certificate of completion (Appendix-X)
- e) Record of visits activities carried out by the learner (Appendix-VIII) in original.

**Note:** 1) You are required to read relevant text and literature related to your area of interest and topic selected.

2) The information included in the dissertation should not be plagiarized.

3) You can have access to Central Library, IGNOU, New Delhi. Remote access facility is also available. For further details, learners may contact Central Library, IGNOU, New Delhi.

## Chapterisation of the final project report/dissertation will be as follows:

Title Page

Certificates of originality and completion

Acknowledgement

Table of Contents

Chapter 1 : Introduction

Chapter 2 : Review of Literature

Chapter 3 : Rationale of the study

Chapter 4 : Methodology

Chapter 5 : Results and Discussion

Chapter 6 : Conclusion and Implications

Chapter 7 : Delimitations, Limitations and Future Suggestions

References

Appendices

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## 8.0 ETHICAL ISSUES IN PSYCHOLOGICAL RESEARCH

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Project is a separate component in MAPC IInd Year. It must be clear by now that in this particular course you will be conducting a small study or a research work. This means that you will develop research ideas, select a research design, decide on a sample of human participants on whom the study will be conducted, analyze data, and finally report results.

Right from the very beginning that is from developing research ideas to reporting results, you as a researcher will be under obligation to conduct research in ethical and conscientious manner. In this process, there will be many ethical questions arising, e.g. Will participants be harmed by the research? How will the confidentiality and anonymity be maintained? How will the informed consent be taken? and so on.

In the early years of Psychological research, little attention was paid to ethical issues in psychological researches, e.g., Spitz's study on deprivation, Watson and Rayner study on little Albert, Stanford Prison Experiment, Milgram's Experiment on obedience to authority, etc.

However, awareness is growing and psychological studies/researches are being conducted in an ethical manner and fall under the purview of guidelines framed by **American Psychological Association (APA)**. The APA started preparing its ethical guidelines in 1947. The first ethical code of the APA was accepted in 1953 and since then it has been revised several times, the latest being **Ethical Principles of Psychologist & Code of Conduct, 2002 (including 2010 Amendments)**.

Various organisations/institutions also have Institutional Review Board (IRB) that reviews the study undertaken for the rights, safety and wellbeing of human participants who participate in the research study.

The main ethical issues involved in psychological research that you have to take care and remember are as follows:

- **Minimal risk:** The harm or discomfort should not be more than what is experienced in everyday life by the participants.
- **Confidentiality:** Participants should be protected from social injury and their responses should be kept anonymous and confidential.

- **Informed consent:** Participants should know about the study, risks involved, protection of their rights, and the right to withdraw anytime during the conduction of the research study.
- **Privacy:** The participants have the right to decide how their information is communicated to others.
- **Deception:** It is involved in studies where some information is withheld or participants are misinformed at any stage of the research.
- **Debriefing:** It is a process after the completion of the study where harmful effects caused by deception are removed by the researcher.
- **Plagiarism:** This happens when written material from Books/articles/Journals/Internet sources are produced as one's own ideas.

You can see the following references for further details on ethical issues in research.

Bordens K.S. & Abbott B.B (2011). Research Design and Methods. McGraw Hill education (India) Private limited, New Delhi.

[www.apa.org/ethics/code.htm/](http://www.apa.org/ethics/code.htm/)

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## 9.0 SUBMISSION OF THE DISSERTATION

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You will submit the dissertation at the Regional Centre only. You can make three copies one for the Guide, one for yourself and one to be submitted at the Regional Centre. You need to submit the dissertation by the due date given.

	<b>Project Dissertation Submission</b>
July Batch	31st May
January Batch	30th November

**If you have submitted Project Report by 31st May, it will be considered for Term-End Examination (TEE) during 1st July to 14th August. If you submit the Project Report by 30th November, it will be considered for TEE during 1st January to 15th February.**

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## 10.0 EVALUATION OF THE DISSERTATION (TEE)

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The total marks for the Project is 100. The dissertation carries 70% weightage and the Viva Voce carries 30% weightage. For successful completion of the Project (MPCE-016/026/036), a learner should secure a minimum of 40%, that is minimum 40 marks out of 100.

The Evaluation scheme for the project is given in Appendix-XII. This scheme is sent to the external examiner at the time of evaluation.

The Term End Examiantion (TEE) in terms of viva voce will be conducted at the Regional Centre during the time period proposed by the Discipline of Psychology, School of Social Sciences, IGNOU, New Delhi.

### **Date Range for TEE**

<b>July Cycle</b>	1 <sup>st</sup> July – 14 <sup>th</sup> August
<b>January Cycle</b>	1 <sup>st</sup> January – 15 <sup>th</sup> February

The learner has to pay exam fee of Rs.120/- to appear for TEE in project. The learner has to carry her/his Identify card and proof of payment of TEE fees for project on the day of project viva voce.

The Regional Centre will make appropriate arrangements for the evaluation of the Project dissertation by the external examiner.

The external examiner will be selected from the approved list provided by the Discipline of Psychology, SOSS, IGNOU. The Regional centre will first send the copy of dissertation to the External Examiner for evaluation and thereafter a date will be finalized by the Regional Centre for conduction of the viva-voce by the same external examiner.

### **10.1 Reevaluation of Project Dissertation**

**There is no provision of reevaluation for project.** A learner who fails to secure a minimum of 40% will have to follow the same procedure again from the beginning, that is, from submission of project synopsis afresh to preparing of dissertation and appear for the viva-voce in the next term.

### **10.2 Exemption from Project**

Project is an essential component of MAPC Programme and as such no learner is exempted from this course.

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## **11.0 POINTS TO REMEMBER**

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### **For Submission of the Project Synopsis**

- 1) Submit only one copy of the Project Synopsis, and retain a copy with you.
- 2) **MPCE 016/026/036** (whichever is appropriate) should be clearly indicated on the Synopsis approval form.
- 3) Ensure the inclusion of the following while submitting the proposal:
  - a) Proforma for Approval of Project Synopsis (**Appendix-I**)
  - b) Format for synopsis evaluation (**Appendix-II**)
  - c) Guidelines for synopsis evaluation (**Appendix-III**)
  - d) Consent letter of the Guide (**Appendix-IV**)
  - e) Biodata of Guide (**Appendix-V**)
  - f) Copy of Grade Card regarding completion of MPC-005 and MPC-006
- 4) The Synopsis of the Project should be prepared in the proper format as given in section 5.1

### **For Submission of the Dissertation**

- 1) The Project Dissertation should be submitted in original. It should be on A-4 size paper with typed in double space and in a bound volume.

- 2) Before binding the Project Report the learner should ensure it contains the following in original:
  - a) Approved Project Synopsis Proforma (**Appendix-I**)
  - b) Approved Project Synopsis
  - c) Certificate of Originality (**Appendix-IX**)
  - d) Certificate of Completion (**Appendix-X**)
  - e) Record of visits/activities carried out by the learner (**Appendix-VIII**)
- 3) Learner should keep a copy of the Project dissertation with her/him, as the Dissertation will not be returned to the learner.

---

## **12.0 FAQ'S (MPCE-016/026/036)**

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- 1) **Q. What is Project?**
  - A. Project is a research study where you need to collect data and compile it in form of dissertation.
- 2) **Q. Where should I submit project synopsis?**
  - A. The project synopsis is to be submitted at your Regional Centre.
- 3) **Q. Who evaluates the project synopsis?**
  - A. Project synopsis is evaluated by empanelled synopsis evaluators from a list provided by the Discipline of Psychology, SOSS, IGNOU, New Delhi.
- 4) **Q. Where should I submit my dissertation?**
  - A. It should be submitted only at the Regional Centre.
- 5) **Q. During an academic calendar, when am I supposed to submit my project Dissertation?**
  - A. If you have taken admission in January batch, you need to submit your Project/ Dissertation by 30th November; and if you have taken admission in July, then you need to submit the Dissertation by 31st May.
- 6) **Q. How is the dissertation to be written?**
  - A. The dissertation is to be written as per the format given in the Handbook of Project. Further, dissertation is to be written in **English language** only.
- 7) **Q. Will there be a viva-voce for project?**
  - A. Yes, there will be viva-voce.
- 8) **Q. Is it compulsory to enclose a copy of the approval of the synopsis in the project dissertation.**
  - A. Yes,
- 9) **Q. How many copies of the dissertation is to be submitted?**



- A. Only one copy (hard copy) is to be submitted. But one copy is to be kept by you, and one copy is to be given to the guide.
- 10) Q. Where will the TEE (viva-voce) for project be held?**
- A. Viva-voce will be held at your Regional Centre.
- 11) Q. Do I need to carry dissertation for TEE (viva-voce)?**
- A. It is desirable to carry your copy of dissertation. You also need to carry University Identity card issued by IGNOU.
- 12) Q. What are the passing marks for Project?**
- A. Passing marks are 40 out of 100.
- 13) Q. Who should I contact in case I have any doubts or feedback/suggestions/grievance about project?**
- A. You can email on [psychology@ignou.ac.in](mailto:psychology@ignou.ac.in) Or [projectpsychology@ignou.ac.in](mailto:projectpsychology@ignou.ac.in)
- 14) Q. Do I need to pay any examination fees for TEE in project?**
- A. Yes, you need to pay Rs. 120/- as exam fees for appearing in TEE of project.
- 15) Q. What is the validity period of my approved synopsis?**
- A. Once the synopsis is approved, your synopsis will be valid till the validity of your admission.
- 16) Q. Can I change my guide?**
- A. Yes, but there has to be a proper justification for the same and you will need to take approval from the Faculty, Discipline of Psychology, IGNOU, New Delhi.

**APPENDIX-I**  
**PROFORMA FOR APPROVAL OF PROJECT SYNOPSIS**  
**(MPCE 016/026/036)**

**Enrolment Number:** \_\_\_\_\_ **Course Code :** \_\_\_\_\_

**Name and Address of the Learner:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Phone No. \_\_\_\_\_ Email : \_\_\_\_\_

Regional Centre \_\_\_\_\_ Study Centre \_\_\_\_\_

**Successfully completed MPC-005 & MPC-006** Yes  No

---

**Title of Dissertation:** \_\_\_\_\_

\_\_\_\_\_

**Name, Designation & Address of the Guide\*:** .....

.....

\*Guide is (Please tick mark):

a) Academic counselor      b) from Approved list by IGNOU      c) Other

Signature of Student:

Signature of Guide

Date:

Date:

---

---

**Synopsis (put a tick mark as appropriate):**

- a) Approved
- b) Approved with modifications as suggested
- c) Not approved

**Signature of Synopsis Evaluator**

Name :

Designation :

Address :

Date:

**APPENDIX-II**

**FORMAT FOR SYNOPSIS EVALUATION**

**Suggestion/comments need to be given by synopsis evaluator for each component of the synopsis as follows:**

**1. Introduction:**

.....  
.....

**2. Review of Literature:**

.....  
.....

**3. Rationale of the Study:**

.....  
.....

**4. Objectives & Hypotheses:**

.....  
.....  
.....

**5. Sample:**

.....  
.....  
.....

**6. Tools:**

.....  
.....

**7. Data Analyses:**

.....  
.....

**8. References:**

.....  
.....

**(Signature & Name with Date)**

## APPENDIX-III

### GUIDELINES FOR SYNOPSIS EVALUATION

(synopsis evaluation to be done by approved evaluator only)

#### **Brief Information about Project in MA Psychology (MAPC)**

Project (MPCE 016/026/036) is a compulsory course in the Second year of MA Psychology (MAPC). The learner is required to take up a particular specialization in the second year either Clinical Psychology (MPCE 016), or Counselling Psychology (MPCE 026) or Industrial & Organizational Psychology (MPCE 036). Related to the specialization, the learner will prepare a synopsis for the Project under the supervision of a Guide and submit the synopsis at the Regional Centre (RC). Detailed guideline alongwith the format for preparing synopsis is given in the Handbook on Project. The learner is required to prepare the synopsis as per the guidelines given in the Project Handbook.

Once the synopsis is approved, the learner sends a copy of the Proforma for Approval of Project Synopsis (Appendix-I) and the suggestions/comments given by the Evaluator (Appendix-II) to the Discipline of Psychology, IGNOU, New Delhi. The learner also encloses Appendix-I and II alongwith the approved synopsis in original in the final project dissertation. Dissertation is submitted at the Regional centre for evaluation and viva-voce by experts from approved list of Examiners.

#### **Guidelines:**

Following are a few guidelines which may kindly be followed while evaluating the synopsis:

- 1) The synopsis is to be evaluated as per the Format for synopsis evaluation (Appendix-II) given in the Handbook on Project.
- 2) Kindly ensure that the synopsis is prepared as per the following sequence: Introduction, Review of Literature, Rationale of the Study, Methodology (Research Problem, Objectives, Hypotheses, Operational definition, Sample, Research design, Tools, Data analysis techniques, and References.
- 3) Since this is a Masters level course, the topic taken should not be very elementary. It needs to be relevant and specific.
- 4) The study may involve quantitative or qualitative or mixed approach. Selection of a particular approach needs to be justified in the synopsis.
- 5) The research needs to be conducted with primary data that includes psychological constructs (preferably with two continuous variables). The study should not be on secondary data. It should not focus on aspects like finding prevalence, incidence, awareness, or finding only gender differences or on test construction and adaptation. Overall, the relevance and importance of the topic need to be seen. It should contribute something significant to the field of research. In case of any query, the evaluator can contact the Faculty, Discipline of Psychology by email: [projectpsychology@ignou.ac.in](mailto:projectpsychology@ignou.ac.in)
- 6) The Title needs to be specific and should reflect the important variables.

- 7) Review needs to include studies related to the variables taken in the study. It needs to be written in a flow discussing the various studies and not in bullet points.
- 8) Research methodology needs to be appropriate as per the research problem and objectives.
- 9) Objectives and hypotheses need to be framed appropriately.
- 10) The sample size needs to be adequate. Suggestion can be given to increase the sample size. It may be less depending on the design and objectives of the study.
- 11) Standardized tools need to be used for data collection. If a self-developed questionnaire is used, the standardization procedure needs to be followed.
- 12) Techniques for data analysis need to be mentioned.
- 13) Suggestions and comments need to be given with regard to each component as mentioned in the Appendix-II.
- 14) **Evaluation consists of three categories: Approved, Approved with modifications, and Not approved.** Approved refers to when the synopsis is appropriate. Not approved indicates that the synopsis is not proper and requires major changes in the design and methodology. Approved with modifications indicates that the synopsis is approved with minor changes (the learner needs to incorporate the modifications suggested in the final dissertation).
- 15) If you have any queries/suggestions with regard to project synopsis evaluation, please contact the Faculty on [projectpsychology@ignou.ac.in](mailto:projectpsychology@ignou.ac.in)

**APPENDIX-IV**

**CONSENT LETTER OF GUIDE**

This is to certify that the **Project** titled \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

for the partial fulfillment of **MAPC Programme** of IGNOU will be carried out by Mr./Ms.  
\_\_\_\_\_ **Enrollment No.** \_\_\_\_\_, under my  
guidance.

(Signature)

Name of the Guide:

Designation:

Address:

Date :

**APPENDIX-V**

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
DISCIPLINE OF PSYCHOLOGY  
FORMAT OF BIODATA FOR GUIDE FOR MPCE-016/026/036**

**(Other Experts in Psychology)**

1. Name of the Guide (in Block Letter) : \_\_\_\_\_
2. Address : \_\_\_\_\_  
\_\_\_\_\_
3. Contact No. : \_\_\_\_\_ 4. Email address: \_\_\_\_\_
4. Present Designation : \_\_\_\_\_
5. Name and Address of the Organization: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Academic Qualifications: (from Graduation upwards):

<b>Sl. No.</b>	<b>Qualification (with subject)</b>	<b>University (Write full name)</b>	<b>Month/ Year</b>	<b>Area of Specialisation</b>

7. Teaching/Research Experience in Psychology

<b>Sl. No.</b>	<b>Job Position</b>	<b>Name of the Organisation (Write full name)</b>	<b>From</b>	<b>To</b>	<b>Total Experience</b>	<b>Subjects Taught</b>

8. Publication and Research (add more pages if required) :

9. Any other relevant information:

**Date:**

**Signature of the Guide/Supervisor  
Name:**

**Note:** The documents with regard to Master's in Psychology, NET/SLET/SET/PhD./M.Phil Degree & teaching research experience need to be self-attested and attached.

**Guide :**  
(Put a  $\checkmark$  mark)

**Approved**

**Not Approved**

**(Signature with seal)**  
**Faculty, Discipline of Psychology**  
**Date :**



## APPENDIX-VI

### ACKNOWLEDGEMENT FOR SYNOPSIS SUBMISSION

This is to acknowledge that Ms./ Mr. \_\_\_\_\_

Enrolment No. \_\_\_\_\_ of MAPC (2<sup>nd</sup> Year) has submitted the Project synopsis at the Regional Centre \_\_\_\_\_. The learner has enclosed copy of Grade card regarding successful completion of MPC 005 and MPC 006.

**Date:**

**Signature (with Seal)**

**Received by:**

**APPENDIX-VII**

**FORMAT FOR REFERENCE LETTER**

Date:

To,

---

---

---

Dear Sir/Madam,

This is to certify that Mr./Ms. \_\_\_\_\_  
Enrollment No. \_\_\_\_\_ is a learner of IGNOU and is presently pursuing MA  
in Psychology from Regional Centre \_\_\_\_\_. As a part of MA Psychology  
programme s/he has to carry out Project (MPCE-016/MPCE-026/MPCE-036). The learner is  
carrying out her/his Project on topic \_\_\_\_\_

---

You are requested to kindly provide her/him with permission to carry out reference work/data  
collection in your esteemed organisation.

Yours faithfully,

**Study Centre/Regional Centre/  
Faculty, Discipline Psychology  
IGNOU, New Delhi**

**(Signature with Seal)**

**APPENDIX-VIII**

**RECORD OF VISITS/ACTIVITIES CARRIED OUT BY THE LEARNER**

Date of visit	Time Duration		Place Visited	Nature of Work	Name and Signature of Concerned Authority	Remarks
	From	To				

**Note:**

- This includes visit to Library or any other place for reference work, Interaction with the Supervisor, Visits for data collection and any other activity related to Project work.
- This is to be duly signed and attached in the final Dissertation/Project report.
- Multiple copies of the blank form may be taken

**Signature of learner**

**Signature of Guide**

**APPENDIX-IX**

**CERTIFICATE OF ORIGINALITY**

This is to certify that the Project Report titled “ \_\_\_\_\_ ”

submitted to Indira Gandhi National Open University in partial fulfillment of the requirement for the award of **Master of Arts Degree in Psychology (MAPC)** is an original work carried out by Mr./ Ms. \_\_\_\_\_

(Enrollment Number: \_\_\_\_\_).

The matter embodied in this Project is a genuine work done by the student and has not been submitted whether to this University or to any other University/ Institute for the fulfillment of the requirement of any course of study. The content of project report/dissertation has been checked for **plagiarism**.

Signature of the Learner

Signature of the Guide

Name:

Name:

Enrollment Number:

Designation:

Place:

Name of Institution/ Organisation:

Date:

Date:

**APPENDIX-X**

**CERTIFICATE OF COMPLETION**

This is to certify that Mr./Ms. \_\_\_\_\_  
Enrollment No. \_\_\_\_\_ has successfully completed Project in MPCE 016/  
MPCE-026/MPCE-036 titled \_\_\_\_\_  
\_\_\_\_\_ under the guidance of \_\_\_\_\_

Signature of the Learner

Signature of the Guide

Name:

Name:

Enrollment No:

Designation:

Study Centre:

Place:

Regional Centre:

Date:

Place:

Date:

**APPENDIX-XI**

**ACKNOWLEDGEMENT**  
**(for submission of Project Dissertation)**

This is to acknowledge that Ms./Mr. ....  
Enrollment No. .... of MAPC (2nd Year) has submitted the  
Project Dissertation at the Regional Centre .....

**Date:**

**Signature (with Seal)**  
Received by

## APPENDIX-XII

### EVALUATION SCHEME FOR PROJECT DISSERTATION (To be filled by the External Examiner)

Name of the Programme: MAPC Course Code:

Study Centre: Regional Centre:

Name of the Learner:

Enrollment No.:

Sl.No.	Components	Maximum Marks	Marks Obtained
1.	Synopsis*	10	
2.	Introduction and Review of Literature	10	
3.	Rationale of the Study	5	
4.	Methodology	15	
5.	Results, Discussion & Conclusion	20	
6.	Implications, Future suggestions, Limitations	5	
7.	References	5	
8.	Viva voce	30	
	<b>Total Marks</b>	<b>100</b>	

Observation and Comments: \_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_

Name & Address of External Examiner

\_\_\_\_\_

Date:

#### Note:

1. Minimum pass marks is 40 out of 100.
2. Marks are to be given for each of the components.
3. The external examiner is required to write observation and comments regarding the project report and viva voce.

**\* Dissertation is as per the approved synopsis. Modification if any given by the Synopsis Evaluator (Appendix I & II) has been incorporated in the final dissertation)**

**APPENDIX-XIII**

**REMUNERATION BILL FOR GUIDANCE OF PROJECT  
(To be submitted at the Regional Centre)**

To  
Regional Director  
Regional Centre -----  
IGNOU

1. Programme Code: MAPC
2. Course Code: MPCE 016/026/036
3. Name of Guide: \_\_\_\_\_
4. Residential Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Designation: \_\_\_\_\_
6. Official Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Telephone No. Office: \_\_\_\_\_  
Mobile: \_\_\_\_\_  
Residence: \_\_\_\_\_



Sl. No.	Enrollment No.	Course Code	Name of Students	Amount

Certified that I have guided the students for their project dissertation work.

Dated: \_\_\_\_\_ Signature of the Guide: \_\_\_\_\_

**Note:** The remuneration payable for guidance of Project/ Dissertation Work is Rs. ..../- per student.

Certified that the above project guide was approved and recommended by the concerned school of study and above claim may be admitted.

Dy. /Asst Registrar

Section Officer

Dealing Assistant

## APPENDIX-XIV

### GUIDELINES FOR REGIONAL CENTRES

#### MAPC PROJECT (MPCE 016/026/036)

#### SYNOPSIS SUBMISSION AND EVALUATION

- 1) Project (MPCE 016/026/036) is a compulsory course in the Second year of MA Psychology (MAPC). The learner will prepare a synopsis for the Project under the supervision of a Guide and submit the synopsis at the Regional Centre (RC).
- 2) The RC will then get the synopses evaluated by the experts from the approved list of synopsis evaluators provided by the Discipline of Psychology, IGNOU, New Delhi. The RC will invite the experts and get the synopses evaluated at the RC. Guidelines for synopsis evaluation (Appendix III) and the format for synopsis evaluation (Appendix II) need to be provided to the evaluators. TA and payment for synopses evaluation will be as per IGNOU norm. The RC may arrange for evaluation of around 25 to 30 synopses per evaluator in a day.
- 3) Pre-conditions for synopsis evaluation:
  - i) Learner should have successfully completed MPC 005 and MPC 006 in the First Year of MAPC. If not, synopsis of such a learner will not be evaluated and returned to the learner by the RC.
  - ii) Learner should have taken an approved Guide (Appendix I) for Project. Guide may be an academic counselor or from the list of approved Guides (provided by the Discipline of Psychology) or any other expert from Psychology (as per the eligibility criteria given in the Handbook on Project). In case of the first two scenarios, they are already approved Guides. But in the third scenario, that is, if the learner is taking any other expert from Psychology, the learner needs to take prior approval for the Guide (Appendix-V) from the Discipline of Psychology, SOSS, IGNOU, New Delhi before submitting the synopsis.
  - iii) All the formats enclosed with the synopsis are completely filled.
- 4) Hence it needs to be ensured that the learner has passed MPC 005 and MPC 006, has taken an approved Guide, and has filled up the enclosures completely before getting the synopsis evaluated.
- 5) The RC will provide the Acknowledgement for Synopsis submission (Appendix-VI) to the learner in the prescribed proforma given in the Handbook on Project.
- 6) The list of approved project topics of the Learners in the prescribed format given in the Handbook on Project (Appendix-XV) will be sent by the RC to the Discipline of Psychology in the following email: [projectpsychology@ignou.ac.in](mailto:projectpsychology@ignou.ac.in) A data bank will be created for all the synopses by the Discipline of Psychology accordingly.
- 7) In case of non-approval of synopsis, it needs to be resubmitted by the Learner incorporating the suggestions/comments given by the Evaluator. RC will then get the resubmitted synopsis evaluated by the same evaluator.

- 8) In case of resubmission, the learner needs to enclose the previous suggestion and the synopsis alongwith the revised synopsis.
- 9) No Evaluator should be assigned more than 100 project synopses in a year for evaluation.
- 10) Each Regional Centre will send 2% of the project synopsis evaluated by the Synopsis Evaluators to the Discipline of Psychology for the purpose of monitoring.
- 11) Date range for synopsis submission is as follows:  
July Batch: 1st October – 31st October  
January Batch: 1st April – 30<sup>th</sup> April

**The learner needs to submit the synopsis within this date range only. Synopsis submitted after a particular date range will be considered in the next date range only.**

- 12) Learner will start the project work only after the approval of synopsis and Guide.
- 13) Learners need to enclose the following (**in this sequence only**) alongwith the synopsis while submitting the same:
  - Proforma for approval of project synopsis (Appendix-I)
  - Format for Synopsis Evaluation (Appendix-II)
  - Guidelines for Synopsis Evaluation (Appendix-III)
  - Consent Letter of the Guide (Appendix-IV)
  - Format for Biodata of Guide (required in case of Guide being other than Academic Counsellor or from the approved list provided by the Discipline of Psychology) (Appendix-V)
  - Copy of Grade card regarding completion of MPC 005 and MPC 006
  - Synopsis

**Note:** Each Regional Centre will send 2% of the Project Synopsis evaluated by the synopsis evaluators to the Discipline of Psychology for the purpose of monitoring. Since the approved synopses need to be returned to the learners so that they can start the work, photocopy of the same can be sent to the discipline.

### **PROJECT DISSERTATION SUBMISSION AND EVALUATION**

- 1) After synopsis approval, the Learner will start the Project work, complete it and submit one copy of the project dissertation at the RC.
- 2) Evaluation of MAPC Project consists of evaluation of the project dissertation and viva-voce.
- 3) RC will carry out the evaluation of dissertation and conduction of viva-voce by External Examiner from the approved list provided by the Discipline of Psychology, IGNOU, New Delhi.
- 4) RC will send the dissertation to the External Examiner alongwith the Evaluation Scheme (Appendix XII) for Project to be evaluated. After receiving the evaluated dissertation, the RC will conduct the Viva-voce of the Learners by the same External Examiner.
- 5) It may be ensured that the External Examiner should not have guided the Learners for whom s/he is evaluating the dissertation and conducting the viva-voce.

- 6) Date range for submission of Project Dissertation is as follows:
- July Batch: 31<sup>st</sup> May  
January Batch: 30<sup>th</sup> November
- 7) Date range for Term end exam (Viva-voce) of Project (MPCE 016/026/036) is as follows:
- July Batch: 1<sup>st</sup> July – 14<sup>th</sup> August  
January Batch: 1<sup>st</sup> January – 15<sup>th</sup> February
- 8) Thus, if the dissertation is submitted by 31<sup>st</sup> May, it will be considered for TEE during 1<sup>st</sup> July to 14<sup>th</sup> August. If it is submitted by 30<sup>th</sup> November, it will be considered for TEE during 1<sup>st</sup> January to 15<sup>th</sup> February.
- 9) After the Viva-voce, the RC is required to send the award forms to the Project Section, SED for uploading of marks.
- 10) The total mark in Project is 100. A learner is required to secure a minimum 40% to pass in Project.
- 11) In case a learner fails to secure the minimum 40% in Project (including both dissertation and viva-voce), s/he will be declared fail. In such a case, the learner has to take up a new topic for project, prepare synopsis, carry out the study and then submit dissertation. The learner may take the same Guide.
- 12) The RC can have the following check list to ensure that all enclosures are there in the dissertation before sending the same for evaluation to the External Examiner.
- Proforma for approval of project synopsis (Appendix-I)
  - Format for Synopsis Evaluation (Appendix-II)
  - Guidelines for Synopsis Evaluation (Appendix-III)
  - Consent Letter of the Guide (Appendix-IV)
  - Format for Biodata of Guide (required in case of Guide being other than Academic Counsellor or from the approved list provided by the Discipline of Psychology) (Appendix-V)
  - Copy of Grade card regarding completion of MPC 005 and MPC 006
  - Synopsis
- In case any of these is not there, the learner can be informed accordingly.
- 13) Important dates for MAPC project synopsis and dissertation are given in Appendix-XVI for the convenience and reference of the RC.

**APPENDIX-XV**

**FORMAT FOR APPROVED PROJECT TOPICS**  
 (to be sent by the Regional Centre to the Discipline of Psychology)

<b>Sl. No.</b>	<b>Enrol. No.</b>	<b>Name &amp; Contact details</b>	<b>Project Topic</b>	<b>Course Code</b>	<b>Guide Name &amp; Contact details</b>	<b>Date of Synopsis approval</b>

## APPENDIX-XVI

### IMPORTANT DATES FOR MAPC PROJECT SYNOPSIS AND DISSERTATION (from Synopsis preparation to Term End Examination of Project)

S.No.	Activity	Date Range	
		July Session	January Session
1	Synopsis submission	1st October – 31st October	1st April – 30 <sup>th</sup> April
2	Synopsis evaluation	1 <sup>st</sup> November – 31 <sup>st</sup> December	1 <sup>st</sup> May – 30 <sup>th</sup> June
3	Return of Evaluated Synopsis to Learners by the RC	1 <sup>st</sup> – 15 <sup>th</sup> January	1 <sup>st</sup> – 15 <sup>th</sup> July
4	Project Dissertation submission	31 <sup>st</sup> May	30 <sup>th</sup> November
5	Project TEE (dissertation evaluation and Viva-voce)	1 <sup>st</sup> July – 14 <sup>th</sup> August	1 <sup>st</sup> January – 15 <sup>th</sup> February

# **SAMPLE SYNOPSIS**





# SYNOPSIS

## Relationship between Forgiveness, Gratitude and Life Satisfaction among the Elderly in Cochin

Master of Arts (Psychology)  
(MPCE-026)

Submitted by

Name: .....

Enrolment No.: .....

Regional Centre: .....

Guide: .....



Discipline of Psychology  
School of Social Sciences (SOSS)  
Indira Gandhi National Open University (IGNOU)  
Maidan garhi, New Delhi - 110068



# Relationship between Forgiveness, Gratitude and Life Satisfaction among the Elderly in Cochin

## Introduction

Forgiveness and gratitude are important character strengths (Peterson & Seligman, 2004; McCullough, 2000) that affect life satisfaction of the individual. **Gratitude** refers to a general state of thankfulness and appreciation towards what is valuable and meaningful to oneself (McCullough, Emmons, & Tsang, 2002). It refers to acknowledging whatever is good and positive in one's life. It comes from the Latin word 'gratus', meaning pleasing or thankful. It refers to the quality of being thankful, showing appreciation and returning kindness. Robert Emmons, the world's leading expert on gratitude, points out two key aspects of gratitude: the first is, it is an affirmation of goodness; and second, we recognize that the sources of this goodness are outside of ourselves. Emmons and other researchers see the social dimension as being especially important to gratitude. In the words of Emmons, it is a relationship-strengthening emotion because it requires us to see how we've been supported and affirmed by other people. The sociologist Georg Simmel called it as "the moral memory of mankind" because gratitude encourages us not only to appreciate gifts but to repay them (or pay them forward).

According to Friedman (1989, 2000), gratitude is being thankful for: (a) people, situations, and circumstances in life, (b) what you have received, experienced, and learned, (c) spiritual source/resources within, (d) abundance within, (e) what you give and forgive, (f) your inner qualities, and (g) future positive experiences, prosperity, and blessings. Emmons and McCullough (2003b) have proposed a broader conceptualizations of gratitude as "an emotion, an attitude, a moral virtue, a habit, a personality trait, or a coping response" (p. 377). They point out that gratitude has both cognitive and emotional components. We respond to the good deeds, words of other people with a sense of gratefulness and positive emotions. Gratitude is a positive emotional reaction in response to the receiving something in the form of a gift, benefit or favour from others. As Watkins et al. (2003) put it, gratefulness is a feeling of thankful appreciation for favours received" (p. 327). They further identify four key characteristics of grateful persons. First, grateful individuals feel a sense of abundance. Second, grateful individuals appreciate contributions of others to their well-being. Third, grateful individuals appreciate the simple pleasures of life, those that are readily available to most people. Fourth, grateful individuals recognize the importance of experiencing and expressing gratitude.

Friedman and Toussaint (2006b) have emphasized the inner emotional experience and the cognitive-attitudinal belief set while explaining gratitude. Gratitude has also been conceptualized both as a state phenomenon (i.e., an emotional reaction to a present event or experience) as well as a dispositional characteristic or trait phenomenon.

**Forgiveness** is a positive psychological characteristic that is linked to enhanced sense of well-being. It refers to let go of the things and move ahead in life. The effect of forgiveness has been empirically studied leading to physical and psychological well being. Forgiveness is a process by which a person forgives misbehavior of others, thereby reducing the tendency of person to seek revenge (McCullough & Witvliet, 2002).

Jam-polsky (1979, 1999) and Friedman (1989, 2000) use seven criteria for defining forgiveness: (a) a shift in perception and vision, (b) a shift in beliefs and attitudes, (c) a shift in affects, (d) a

shift in self-empowerment and self-responsibility, (e) a shift in choice, decision and intention, (f) a shift from duality consciousness to oneness consciousness, and (g) a shift in the recognition of the core qualities of a person. Thus forgiveness includes letting go of emotionally backed judgments and grievances. It focuses on perceiving the goodness, worth, magnificence, innocence, love, and peace in both themselves and another person simultaneously. Moreover, from this point of view the forgiveness process is activated when a person makes a conscious choice/decision to forgive (see things differently) and then turns the forgiveness process over to a higher power/Self (e.g. the God). During this process projections are owned and released and peace and love are set as goals.

**Life Satisfaction** refers to a overall sense of happiness and feeling of satisfaction in life. Pavot and Diener (1993) talk about assessing satisfaction of the person's life as a whole. It does not refer to satisfaction in different life domains, but they talk about life satisfaction in terms of integrating the various domains and deriving an overall sense of life satisfaction.

Life satisfaction (LS) is a part of the broader construct of Subjective well being (SWB). According to Diener (1984), SWB consists of high life satisfaction, high levels of positive affect (e.g., happy, pleased, joy), and lack of negative affect (e.g., angry, depressed). The cognitive dimension of SWB consists of life satisfaction and refers to the individual's global evaluation of their own lives. The affective dimension refers to the negative and positive mood in one's immediate experience.

## Review of Literature

Gratitude, forgiveness and life satisfaction are constructs under positive psychology. These have been found to be related to physical and psychological wellbeing. Various studies have been done on these variables which highlight their significance as strength variables having implication for clinical as well as non-clinical population.

Roberts (2004) has provided a conceptual analysis of gratitude and pointed out its benefits. Emmons & McCullough (2003a) in their study have also found that gratitude and subjective wellbeing are positively related. Various other studies have shown a positive relationship between forgiveness, gratitude and well being. (Bono & McCullough, 2006; Friedman & Toussaint, 2006b; Toussaint & Webb, 2005).

Studies on adolescents have also found positive association between gratitude and well being and life satisfaction. For instance, Chen and Kee (2008) reported that gratitude positively predicted life satisfaction among Taiwanese high school athletes. Froh et al (2009) also reported positive association between gratitude and life satisfaction among the adolescents. They assigned 221 adolescents to either a gratitude exercise (i.e., counting one's blessings), a hassles condition, or a control condition. It was found that the gratitude condition was associated with greater life satisfaction. Another study by Tseng (2008) studied gratitude and well being among college students and found an association between gratitude and well being. Sood and Gupta (2012) had also studied gratitude and well being among Indian adolescents. Safaria (2014) in his study on undergraduate students also found that gratitude is an important factor contributing to happiness.

Kashdan et al (2009) studied gender differences in gratitude and the results demonstrated that men were less likely to feel and express gratitude, made more critical evaluations of gratitude, and derived fewer benefits. Wood et al (2009) determined that higher levels of gratitude predicted better subjective sleep quality and sleep duration. Studies have found that gratitude can predict

8% of individual differences in satisfaction with life (equivalent to  $r = .28$ ) after controlling for the 30 facets of the Big Five (Wood, Joseph et al., 2008), and between 2% and 6% (equivalent to  $r$ s between .16 and .25) in personal growth, positive relationships with others, purpose in life, and self-acceptance (Wood, Joseph, & Maltby, 2009). Froh, Yurkewicz, & Kashdan (2008) found gratitude has a significant positive correlation with positive affect, life satisfaction, optimism, social support, and pro-social behavior.

Research also points out some conflicting data (e.g., Kirgiz, 2008; & Henrie, 2007) which found that gratitude did not show a relationship with well being or satisfaction with life. Hence more studies need to be done in the area. Even though a few conflicting studies do exist, based on the majority of findings, it can be said that experiencing gratitude, thankfulness, and appreciation tends to foster positive feelings, which in turn, contribute to one's overall sense of well being.

Forgiveness has also been associated with mental and physical health in various psychological research (McCullough, 2000; Thoresen, Harris, & Luskin, 2000). Empirical studies suggest that forgiveness have potential benefits for mental health (Toussaint & Webb, 2005), and well-being (Karuse & Ellison, 2003). McFarland, Smith, Toussaint and Thomas (2012) examined the relationship between interpersonal forgiveness and health for older Blacks and Whites on elderly sample of 436 Blacks and 500 Whites. Results found forgiveness was positively associated with self-reported health over time among Blacks.

Kirman (2015) studied relationship between gratitude, forgiveness and subjective wellbeing among college going students and found a positive relationship among these. Sastre et al (2003) examined the relationship between forgiveness and satisfaction with life. Toussaint and Friedman (2009) found that forgiveness and gratitude were both positively and strongly associated with well-being and largely, though not completely, mediated by affect and belief. Forgiveness was also studied in the context of commitment in relationship (Tsang, McCullough, & Fincham, 2006). Forgiveness as a trait is generally more strongly correlated with some aspects or components of psychological well-being and other mental health variables than state forgiveness (McCullough & Witvliet, 2002).

Bono, G., & McCullough, M. E. (2004) studied forgiveness and adjustment in older adults in the context of religion. Many studies have examined the relationship between forgiveness and religiosity/spirituality (Krause & Ellison, 2003). Toussaint, Williams, Musick, & Everson, (2001) examined age differences in the association between forgiveness, religiousness/ spirituality, and respondent reports of mental and physical health.

Studies have also been conducted on the interplay of biology, characteristics of the transgressor and forgiveness response (Tabak & McCullough, 2011; Tabak et al. 2011). Tabak et al (2012) have also studied the role of conciliatory gestures in facilitating forgiveness and feelings of friendship.

Thus various studies have pointed out the relationship between forgiveness, gratitude, life satisfaction and well being; and examined it in the context of personality characteristics, religion, and other demographic and psychological aspects.

## **Rationale of the Study**

Forgiveness, gratitude are the strengths of human behavior. Research has started documenting the powerful effects of these strengths that are there within us which can be capitalized to deal

with negativity in life and promote physical and psychological well being. Instead of articulating the positive experiences that improve quality of life, many theories in psychology have focused mainly on curbing aggression, reducing psychopathologies, and controlling vices (McCullough & Snyder, 2000; Myers & Diener, 1995; Seligman & Csikszentmihalyi, 2001). Hence there is a need to highlight the significance of the character strengths and positive emotions in enhancing our well being and satisfaction.

The present study has taken up for study the three variables of gratitude, forgiveness and satisfaction with life. The relationship among the three variables holds significance especially in the population of the elderly. The elderly, having reached a stage where they might be suffering from physical illness, mental disorders and fluctuating mood changes may exhibit less satisfaction with life. Financial dependence and lack of support system also affect their well being negatively. On the other hand, an attitude of gratitude and forgiveness may help enhance their life satisfaction.

According to the World Health Organization (WHO, 2015), the world's population aged over 60 years will have increased from the current 841 million to 2 billion by 2050, making the well-being of seniors a new challenge in global public health. In 2020, for the first time in history, the number of people over 60 years old will be higher than that of children up to 5 years old (WHO, 2015). The world's population is aging but are they also having quality life? Advancement in economic condition and health care also need to be accompanied by enhanced psychological well being for the elderly.

Hence an attempt has been made to assess the level of gratitude, forgiveness and life satisfaction among the elderly and examine the relationship among these. This will help design appropriate intervention measures to enhance their sense of life satisfaction.

## **Methodology**

### **Research Problem**

The present research aims to study the relationship between forgiveness, gratitude and life satisfaction among the elderly in Cochin.

### **Objectives**

- To assess the level of gratitude, forgiveness, and life satisfaction among the elderly in Cochin.
- To examine the relationship between gratitude, forgiveness and life satisfaction among the elderly in Cochin.
- To find out the effect of demographic variables such as gender, type of family, and marital status on gratitude, forgiveness and life satisfaction among the elderly in Cochin.

### **Hypotheses**

- There will be significant relationship between gratitude and forgiveness among the elderly in Cochin.
- There will be significant relationship between gratitude and life satisfaction among the elderly in Cochin.
- There will be significant relationship between forgiveness and life satisfaction among the elderly in Cochin.
- There will be significant gender difference in gratitude, forgiveness, and life satisfaction among the elderly in Cochin.

- There will be significant difference in gratitude, forgiveness and life satisfaction among the elderly in Cochin with regard to type of family.
- There will be significant difference in gratitude, forgiveness and life satisfaction among the elderly in Cochin with regard to marital status.

### **Operational Definition**

- *Gratitude*: It refers to a general state of thankfulness and appreciation towards what is valuable and meaningful to oneself (McCullough, Emmons, & Tsang, 2002).
- *Forgiveness*: Forgiveness is the framing of a perceived transgression such that one's responses to the transgressor, transgression, and sequelae of the transgression are transformed from negative to neutral or positive. The source of a transgression, and therefore the object of forgiveness, may be oneself, another person or persons, or a situation that one views as being beyond anyone's control (e.g., an illness, "fate," or a natural disaster (Thompson, et al., 2005). So it refers to people's dispositional forgiveness of self, others and situations.
- *Life Satisfaction*: It refers to the individual's global evaluation of their own lives (Diener, Emmons, Larsen & Griffin, 1985).
- *Type of Family*: It refers to nuclear family and joint family.
- *Marital Status*: It refers to living with the spouse, separated and divorced from the spouse, and spouse is expired.

### **Sample**

The sample is selected to represent the population which we want to study. Since it is difficult to study the entire population, a sample is selected following different procedure. The sample selection process depends on the objectives and the nature of the sample.

Non probability sampling method will be used in the present study. In this, the purposive sampling will be used. Those individuals who were 60 years of age and above residing in the same locality will be taken. The researcher will contact them in the neighbourhood, parks and senior citizen clubs of the societies. A total of 200 elderly person with age 60 years and above will be taken for the present study. Out of this, 100 will be male and 100 will be female.

### **Research Design**

Research design is the blue print for the collection, measurement and analysis of data. It answers the what, where, when and how of the research study. It is an outline of the research objectives, sample selection to analysis of the data. In the present study, an attempt is made to find out the relationship among gratitude, forgiveness and life satisfaction among the elderly in Cochin, thus following a correlational research design.

### **Tools**

The following tools will be used to assess gratitude, forgiveness and satisfaction with life of the elderly.

#### ***Gratitude Questionnaire – Six Item (McCullough et. al., 2002):***

The Gratitude Questionnaire-Six-Item Form (GQ-6) is a six- item self-report questionnaire. The respondent has to rate himself/ herself on a 7-point Likert-type scale ranging from 1(strongly



disagree) to 7(strongly agree). The scale is designed to assess individual differences in the proneness to experience gratitude in daily life. Higher scores on GQ-6 signify higher levels of grateful disposition. GQ-6 has strong psychometric properties with high internal consistency and a robust one-factor structure.

***Heartland Forgiveness Scale (Thompson, et al., 2005):***

The Heartland Forgiveness Scale (HFS) is an 18-item self-report scale which aims to measure people's dispositional forgiveness of self, others and situations. Respondents rate their levels of forgiveness on a 7-point Likert scale, with 1 referring to 'Almost always false of me' and 7 referring to 'Almost always true of me'. Score on the Total Heartland Forgiveness scale indicates how forgiving one is, in general, of oneself, others, and negative uncontrollable circumstances. Higher scores indicate higher levels of forgiveness and vice versa. In HFS, a score of 93 is average, the maximum score being 126. HFS demonstrates desirable psychometric properties with adequate internal consistency reliability, test-retest reliability, and convergent validity. The test-retest reliability is .82 and the range of alpha coefficient is .84 to .87 for the total HFS scores (Thompson, et al., 2005).

***Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985):***

It consists of five items to be rated using a 1 – 7 scale where 1 stands for strongly disagree and 7 stands for strongly agree. Low score indicates dissatisfaction whereas high score indicates satisfaction with life.

***Demographic Information Sheet:***

Demographic information sheet will be used to collect various demographic information about the sample including age, gender, type of family, and marital status.

**Statistical Techniques**

Descriptive and inferential statistics will be used. The data will be analyzed using SPSS software. Correlation, 't' test and one-way ANOVA will be used to analyze the data.

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## **Appendices**

Appendix 1: Gratitude Questionnaire – Six Item

Appendix 2: Heartland Forgiveness Scale

Appendix 3: Satisfaction with Life Scale

Appendix 4: Demographic Information Sheet

\* The sample synopsis is based on the research work carried out by Prof. Swati Patra, SOSS, IGNOU, New Delhi.