

# Installing R and R Studio

An online learning source, [Hands-On Programming with R](#), provide very detailed information to download R and RStudio.

## 1. Download and install R

R is a programming language and software environment widely used for statistical computing, data analysis, and visualization. It provides a rich ecosystem of packages for tasks ranging from basic data manipulation to advanced machine learning, making it popular in academia, research, and industry for data-driven projects. R's strength lies in its ability to handle complex statistical operations and produce high-quality visualizations with ease.

Please follow steps under A.1 Section in [Hands-On Programming with R](#) to complete the installation of R.

## 2. Download and install R-Studio

RStudio is an integrated development environment (IDE) designed for R, offering a user-friendly interface to write, run, and debug R code. It includes features like a script editor, console, environment viewer, and visualization pane, streamlining data analysis and visualization workflows. RStudio supports additional tools like version control, package management, and seamless integration with markdown for creating reports.

Please follow steps under A.3 Section in [Hands-On Programming with R](#) to complete the installation of R.