# final

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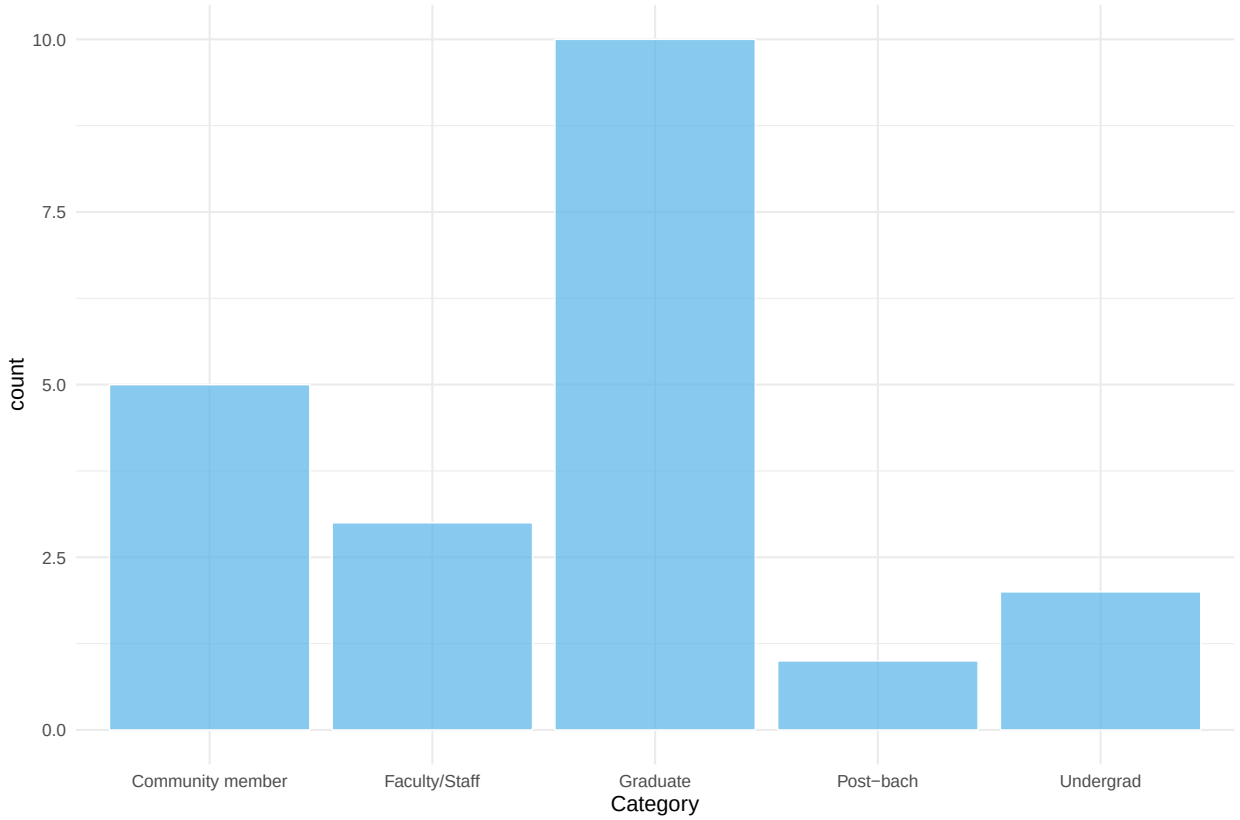
*2/21/2019*

```
# Resize plot
knitr::opts_chunk$set(fig.width=12, fig.height=8)
```

```
SKY <- import(here("data", "survey.xlsx"), setclass = "tbl_df")

str(SKY)
```

```
## Classes 'tbl_df', 'tbl' and 'data.frame':    21 obs. of  18 variables:
##  $ Name                       : chr  "FB" "SH" "DD" "NP" ...
##  $ Gender                     : chr  "Male" "Female" "Female" "Female" ...
##  $ Category                   : chr  "Faculty/Staff" "Community member" "Community member" "Graduate"
##  $ Class                      : chr  NA NA NA NA ...
##  $ Experience                 : chr  "I thought it was positive and powerful." "It was very beautiful.
##  $ Say                        : chr  "It's a connection that connects" "I would say it is very much wo
##  $ Recommend-10               : num  9 10 10 8 10 10 10 9 10 10 ...
##  $ energy                     : num  5 5 5 5 4 5 5 5 NA 5 ...
##  $ clarity_mind               : num  5 5 5 5 4 5 5 5 NA 5 ...
##  $ multiple_responsibilities: num  4 5 5 5 5 5 5 5 NA 5 ...
##  $ connect_to_myself          : num  5 5 5 5 4 5 5 5 NA 5 ...
##  $ stay_focused               : num  5 5 5 5 5 5 5 5 NA 5 ...
##  $ remain_calm                : num  5 5 5 5 3 5 5 5 NA 5 ...
##  $ gain_resilience            : num  5 5 5 5 4 5 5 5 NA 5 ...
##  $ broader_perspectives       : num  5 5 5 5 5 5 5 5 NA 4 ...
##  $ connect_with_others        : num  5 5 5 5 5 5 5 5 NA 4 ...
##  $ good_investment_of_time    : num  5 5 5 4 5 5 5 5 5 5 ...
##  $ Recommend                  : num  4 5 5 4 5 5 5 5 5 5 ...
```

```
#original
#Fig1.1
ggplot(SKY, aes(x = Category)) +
  geom_histogram(stat = "Count",
                 fill = "#56B4E9",
                 color = "white",
                 alpha = 0.7) +
   theme_minimal(base_size = 15)
```

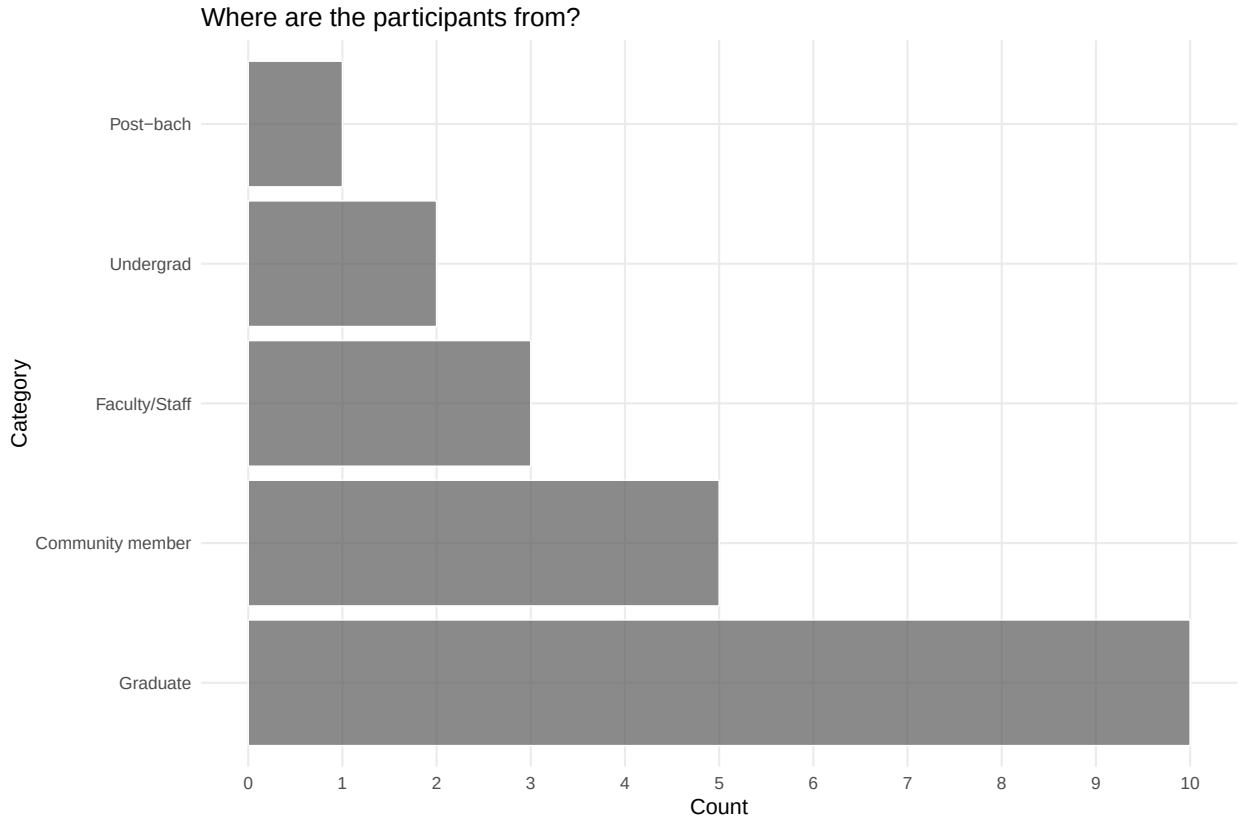



```
#original
#Fig1.2
SKY
```

```
## # A tibble: 21 x 18
##    Name  Gender Category Class Experience Say   `Recommend-10` energy
##    <chr> <chr>  <chr>    <chr> <chr>      <chr>          <dbl>  <dbl>
##  1 FB    Male   Faculty~ <NA>  I thought~ It's~              9      5
##  2 SH    Female Communi~ <NA>  It was ve~ I wo~             10      5
##  3 DD    Female Communi~ <NA>  Fantastic~ Do i~             10      5
##  4 NP    Female Graduate <NA>  Wonderful~ Come~              8      5
##  5 CD2   Female Post-ba~ <NA>  I had a w~ I wo~             10      4
##  6 HL    Female Graduate <NA>  I feel em~ It w~             10      5
##  7 AK    Female Graduate <NA>  Very posi~ It's~             10      5
##  8 YC    Female Graduate <NA>  Great! I ~ <NA>               9      5
##  9 SW    Female Graduate <NA>  So positi~ Abso~             10     NA
## 10 AR    Male   Graduate <NA>  It was en~ How ~             10      5
## # ... with 11 more rows, and 10 more variables: clarity_mind <dbl>,
## #   multiple_responsibilities <dbl>, connect_to_myself <dbl>,
## #   stay_focused <dbl>, remain_calm <dbl>, gain_resilience <dbl>,
## #   broader_perspectives <dbl>, connect_with_others <dbl>,
## #   good_investment_of_time <dbl>, Recommend <dbl>
```

```
SKY %>%
  mutate(Category = factor(Category,
                           levels = c("Graduate",
```

```
                                      "Community member",
                                      "Faculty/Staff",
                                      "Undergrad",
                                      "Post-bach"))) %>%

ggplot(aes(x = Category)) +
  geom_histogram(stat = "count",
                 color = "white",
                 alpha = 0.7) +
  scale_y_continuous(breaks = seq(0, 11, by = 1)) +
  scale_fill_OkabeIto() +
  coord_flip() +
  labs(x = "Category",
       y = "Count",
       title = "Where are the participants from?") +
    theme_minimal(base_size = 15)  +
  theme(panel.grid.minor = element_line(linetype = "blank"))
```

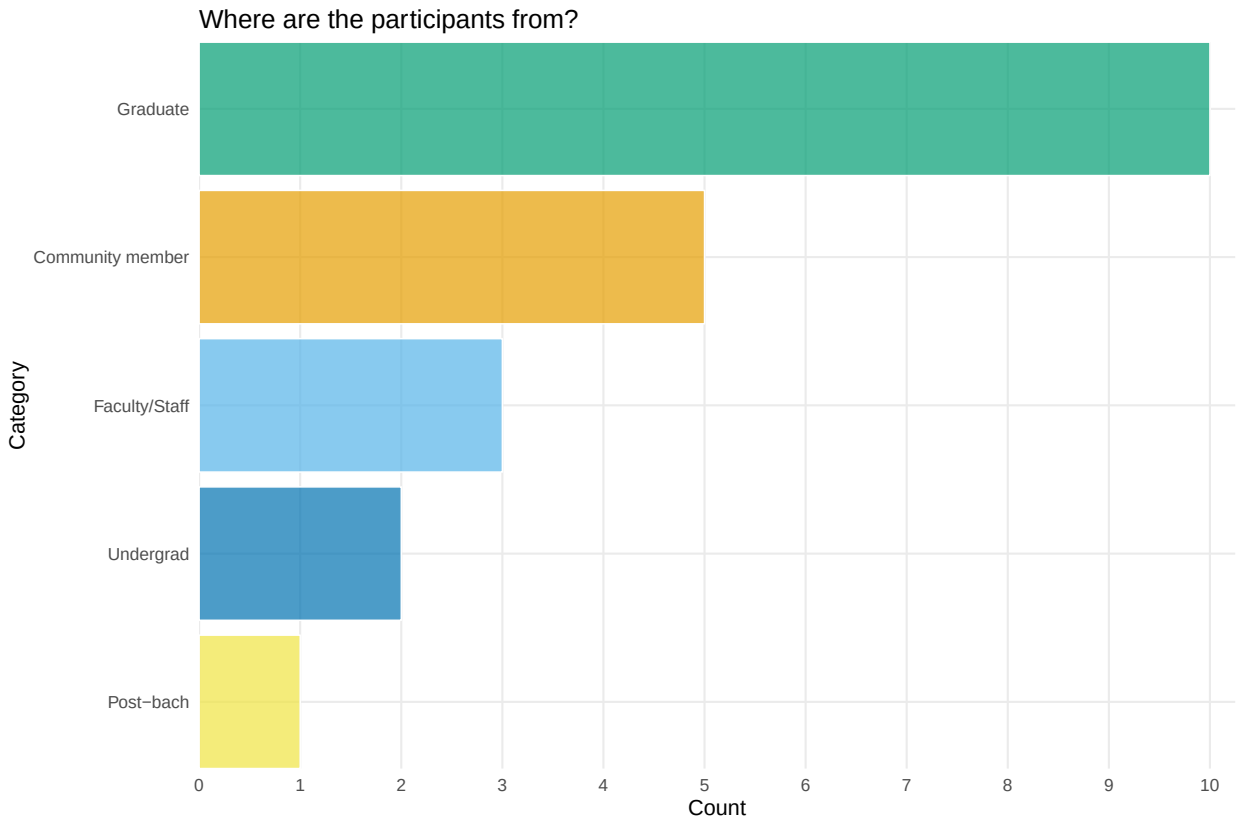



```
.............
```

```
## Error in eval(expr, envir, enclos): object '.............' not found
```

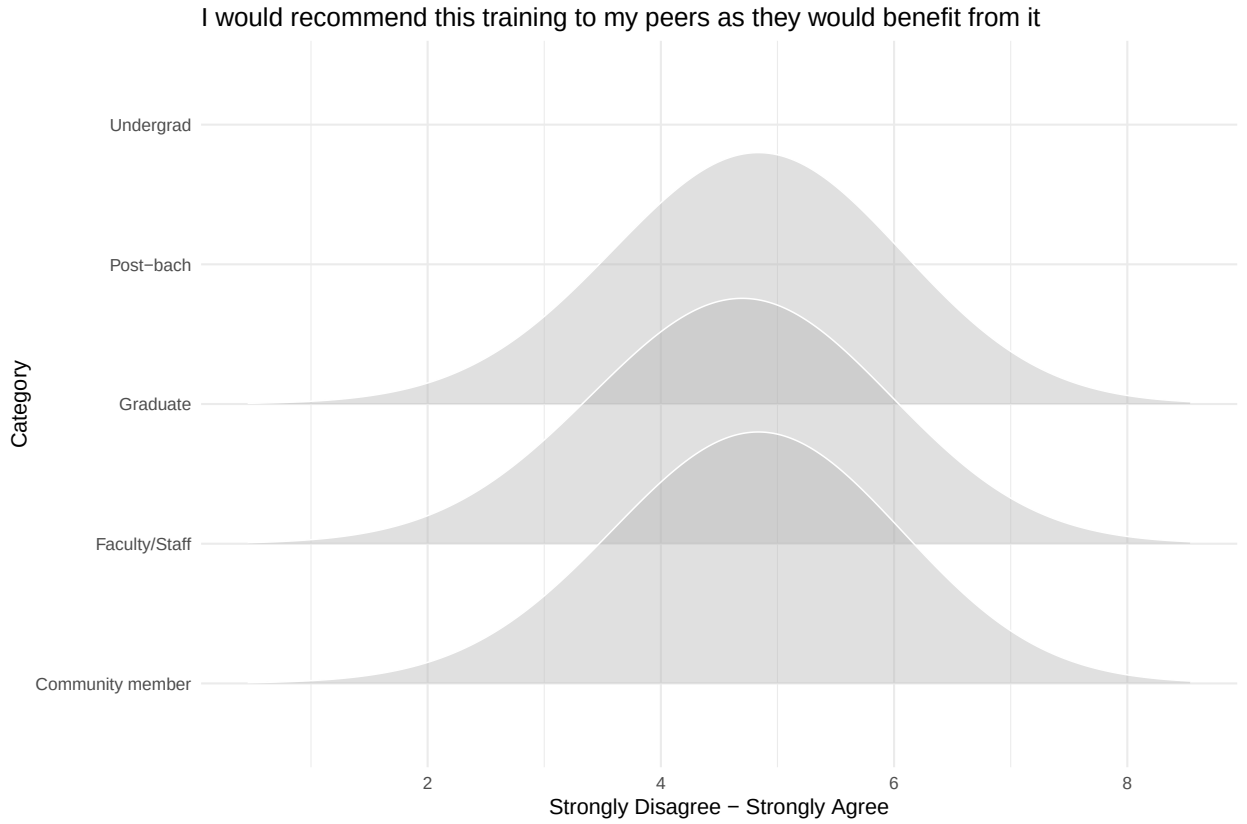
```
#updated
#Fig1.3
SKY %>%
  count(Category) %>%
```

```
  ggplot(aes(x = fct_reorder(Category, n), n)) +
  geom_col(aes(fill = Category),
           color = "white",
           alpha = 0.7) +
  scale_y_continuous(breaks = seq(0, 11, by = 1),
                     limits = c(0, 10.25)) +
  scale_fill_OkabeIto() +
  coord_flip(expand = FALSE) +
  labs(x = "Category",
       y = "Count",
       title = "Where are the participants from?") +
  theme_minimal(base_size = 15)  +
  theme(panel.grid.minor = element_line(linetype = "blank")) +
  guides(fill = "none")
```




```
library(ggridges)

#original
#Fig 2.1
ggplot(SKY, x = 0:5, aes(Recommend, Category)) +
   ggridges::geom_density_ridges(color = "white",
                                 alpha = 0.4) +
  scale_color_OkabeIto() +
    labs(x = "Strongly Disagree - Strongly Agree",
       y = "Category",
       title = "I would recommend this training to my peers as they would benefit from it")  +
```

```
  theme_minimal(base_size = 15)
```

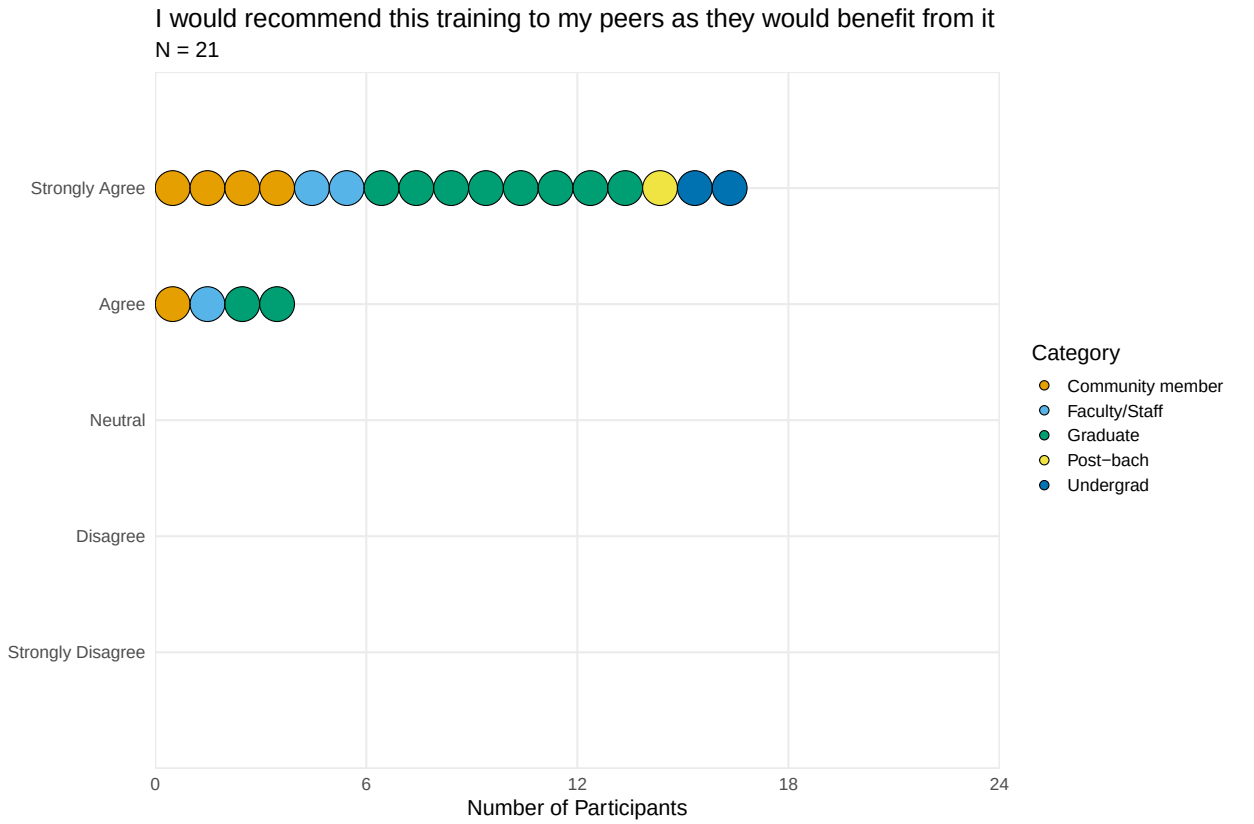



```
...............
```

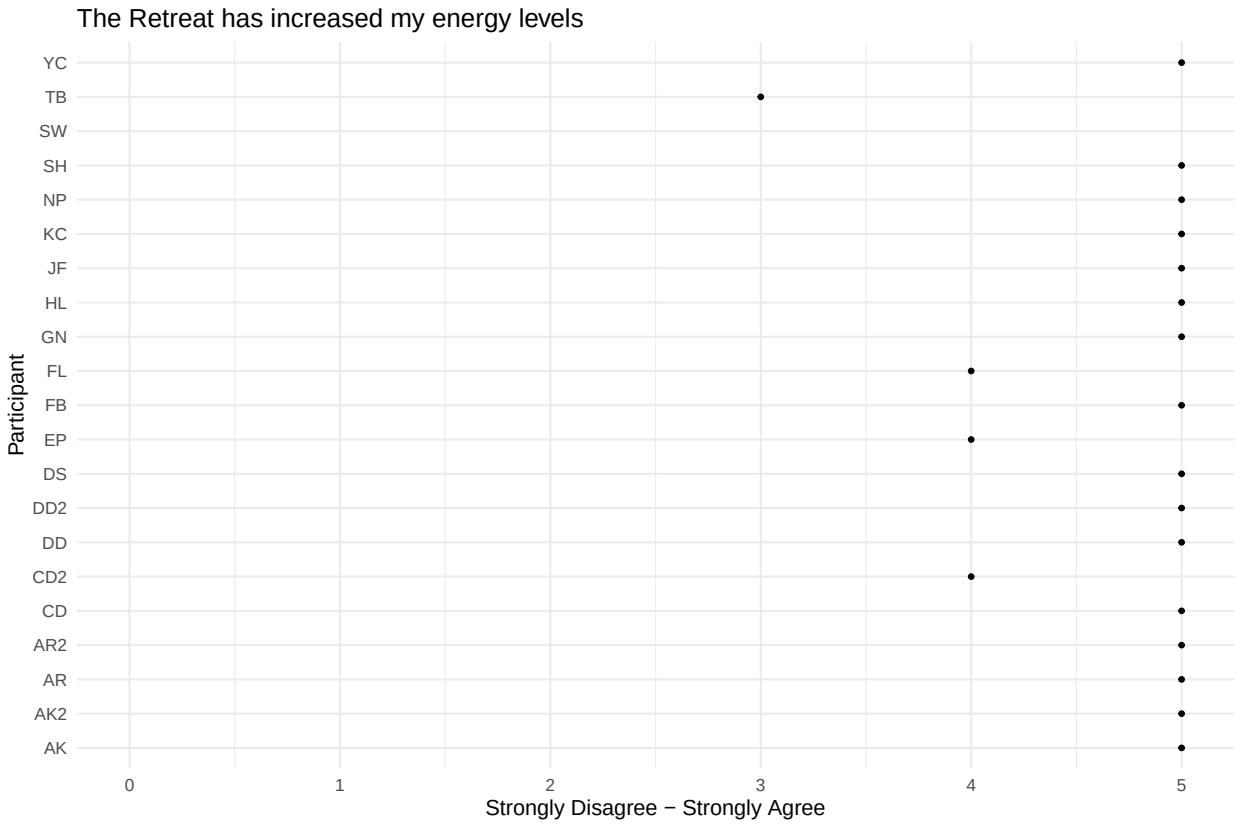
```
## Error in eval(expr, envir, enclos): object '...............' not found
```

```
#updated
#Fig 2.2
ggplot(SKY, aes(Recommend)) +
  geom_dotplot(aes(fill = Category),
               stackgroups = TRUE,
               binwidth = 0.3) +
  scale_fill_OkabeIto() +
  scale_x_continuous(breaks = 0:6, limits = c(0, 6),
                     labels=c("0" = "",
                              "1" = "Strongly Disagree",
                              "2" = "Disagree",
                              "3" = "Neutral",
                              "4" = "Agree",
                              "5" = "Strongly Agree",
                              "6" = "")) +
  scale_y_continuous(labels=c("0.00" = "0",
                              "0.25" = "6",
                              "0.50" = "12",
                              "0.75" = "18",
                              "1.00" = "24")) +
```

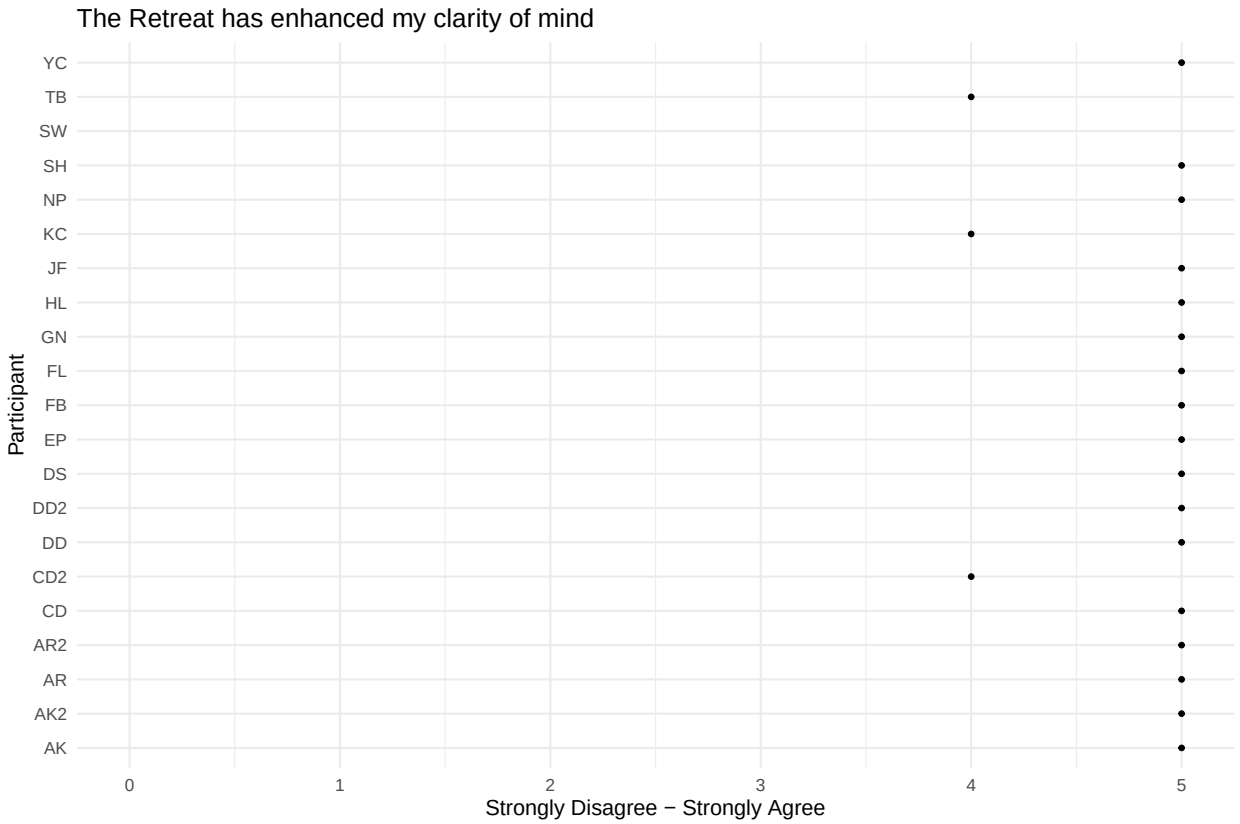
```
  coord_flip() +
  coord_flip(expand = FALSE) +
  theme_minimal(base_size = 15) +
theme(panel.grid.minor = element_line(linetype = "blank")) +
labs(x = NULL,
     y = NULL,
     title = "I would recommend this training to my peers as they would benefit from it",
     subtitle = "N = 21")+
labs(y = "Number of Participants")
```



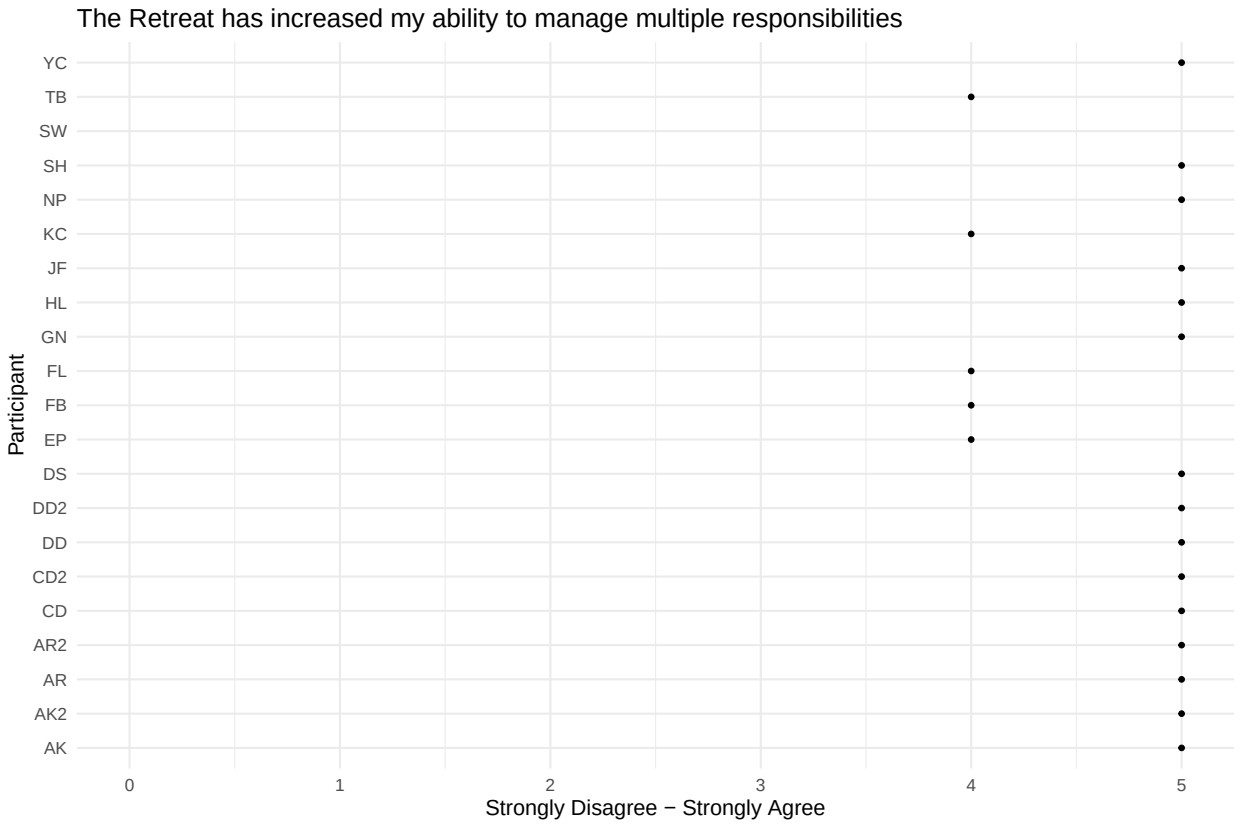

```
#original
Fig3.1 <- ggplot(SKY, aes(x = Name, y = energy)) +
   geom_point() +
  coord_flip() +
  labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has increased my energy levels") +
    theme_minimal(base_size = 15)
Fig3.1 + ylim(0, 5)
```



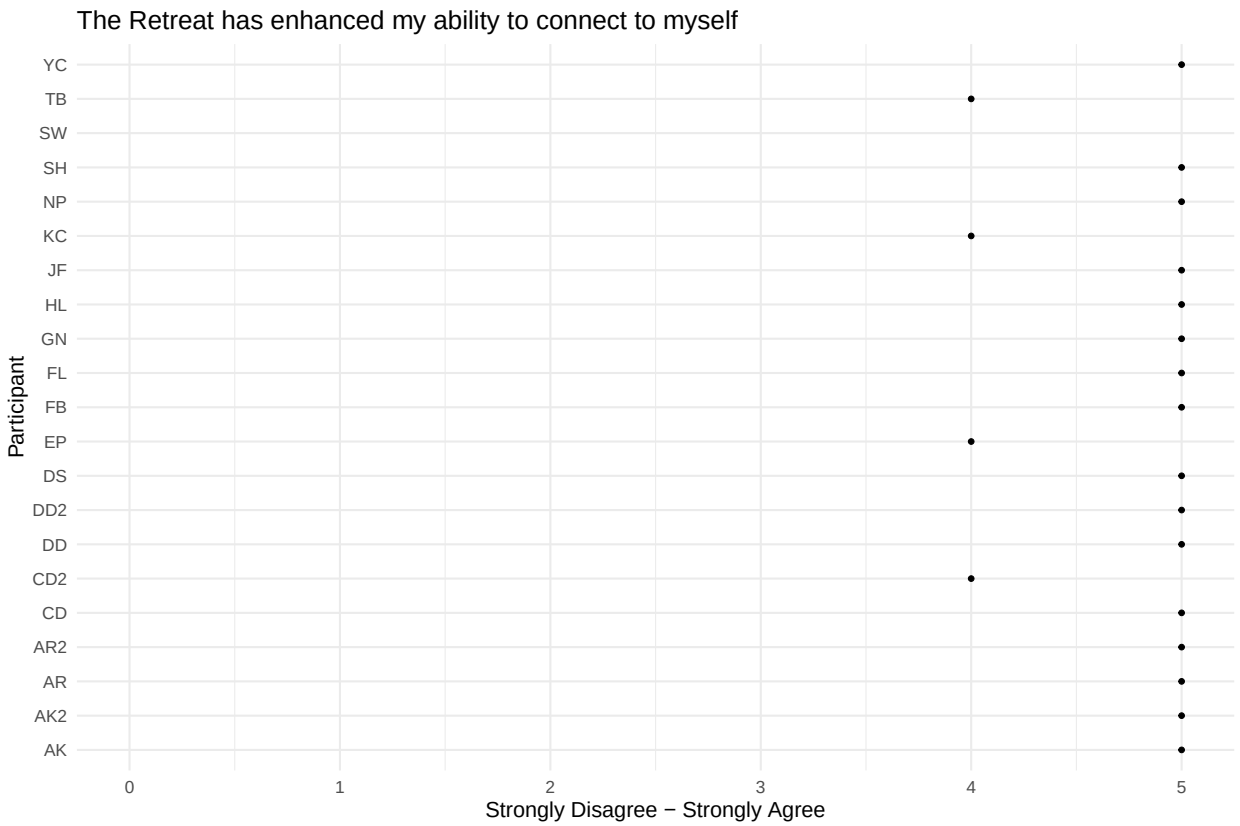

```
Fig3.2 <- ggplot(SKY, aes(x = Name, y = clarity_mind)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has enhanced my clarity of mind") +
    theme_minimal(base_size = 15)
Fig3.2 + ylim(0, 5)
```



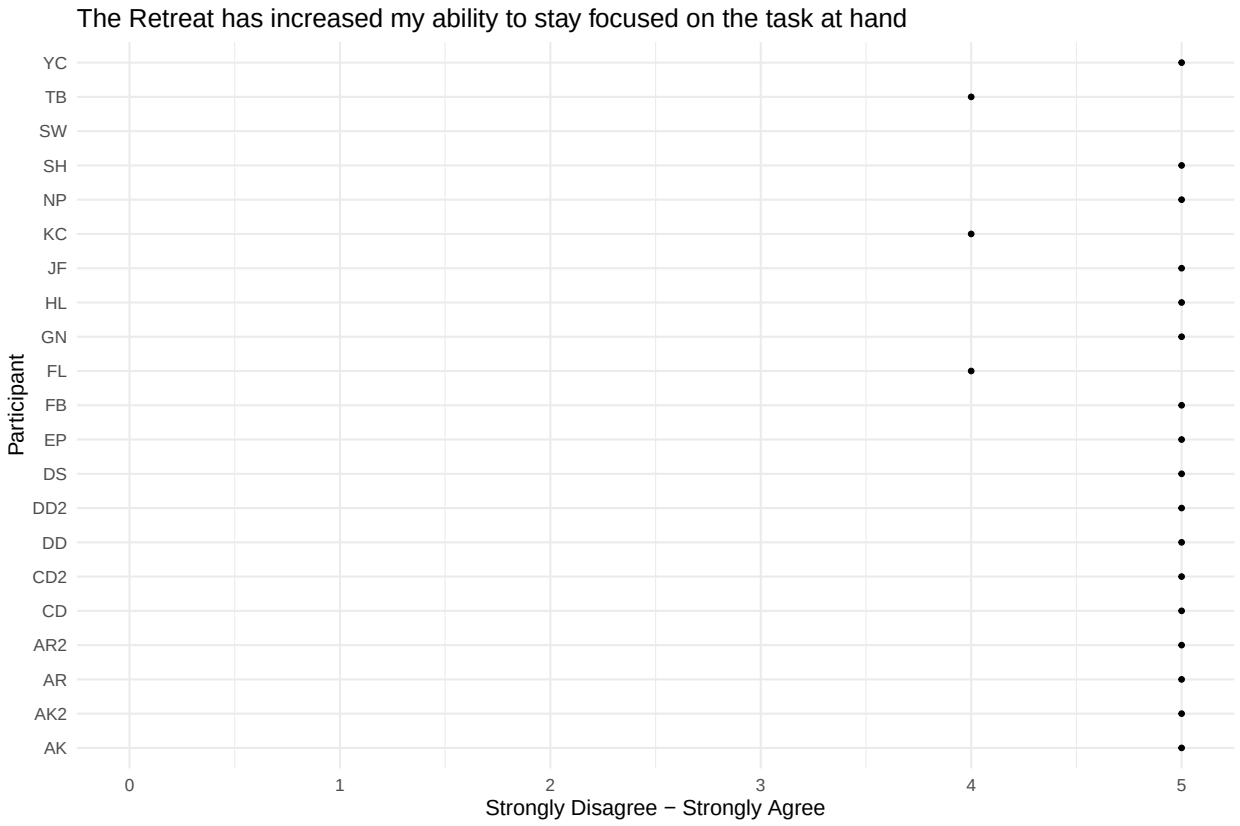

```
Fig3.3 <- ggplot(SKY, aes(x = Name, y = multiple_responsibilities)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has increased my ability to manage multiple responsibilities") +
    theme_minimal(base_size = 15)
Fig3.3 + ylim(0, 5)
```



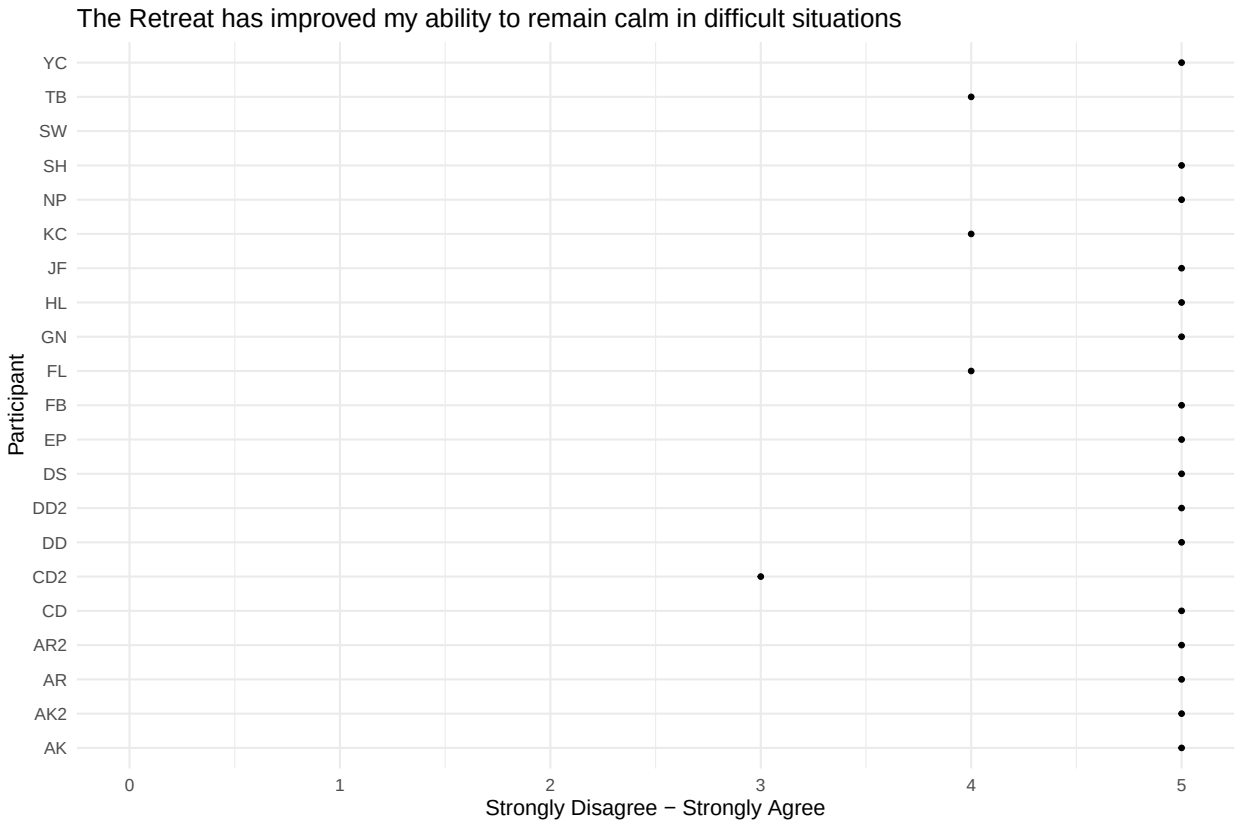

```
Fig3.4 <- ggplot(SKY, aes(x = Name, y = connect_to_myself)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has enhanced my ability to connect to myself") +
    theme_minimal(base_size = 15)
Fig3.4 + ylim(0, 5)
```



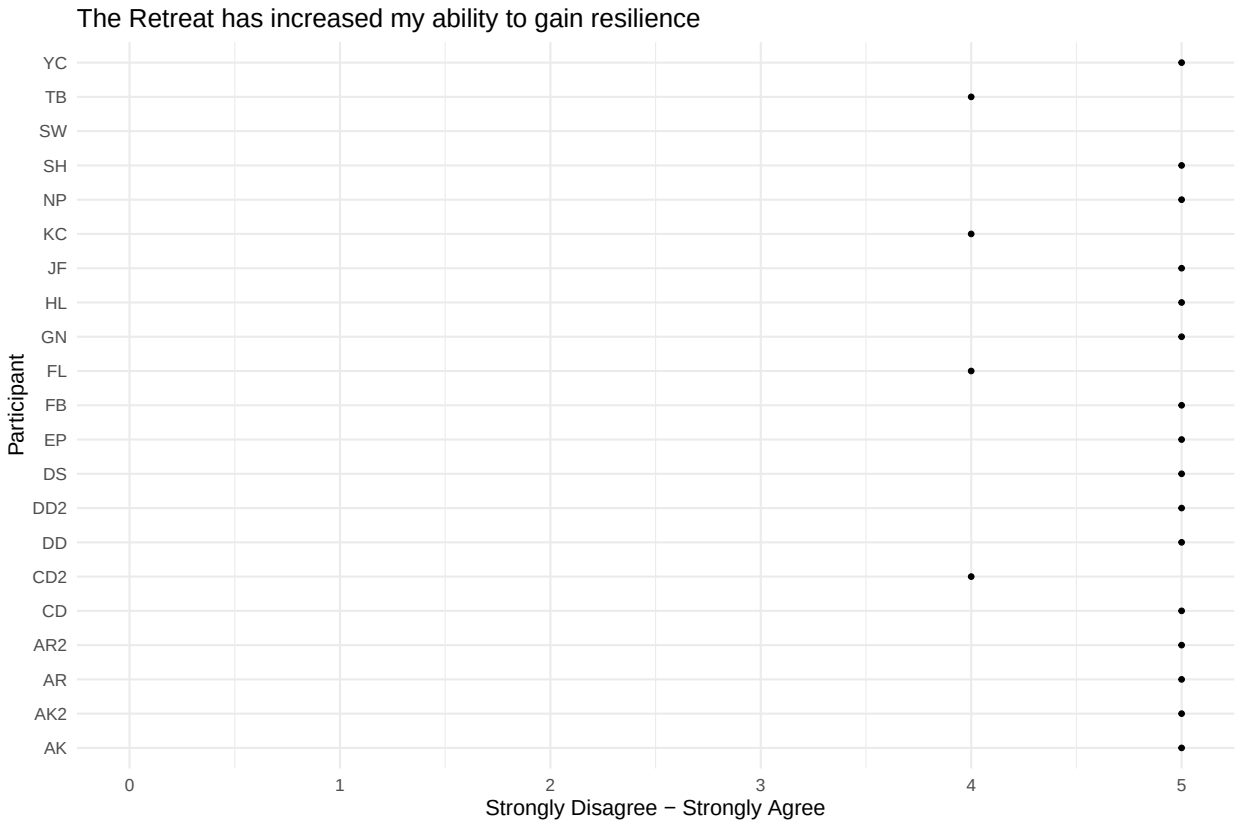

```
Fig3.5 <- ggplot(SKY, aes(x = Name, y = stay_focused)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has increased my ability to stay focused on the task at hand") +
    theme_minimal(base_size = 15)
Fig3.5 + ylim(0, 5)
```



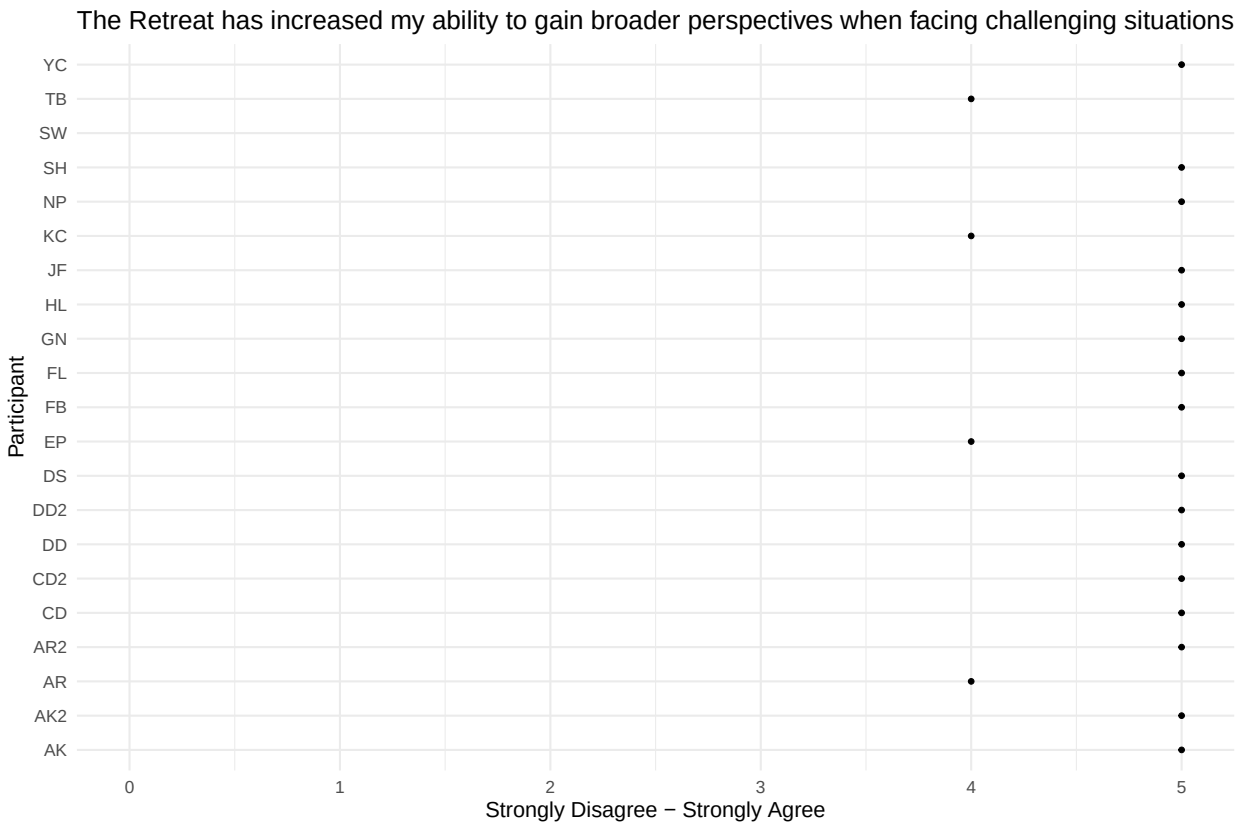

```
Fig3.6 <- ggplot(SKY, aes(x = Name, y = remain_calm)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has improved my ability to remain calm in difficult situations") +
    theme_minimal(base_size = 15)
Fig3.6 + ylim(0, 5)
```



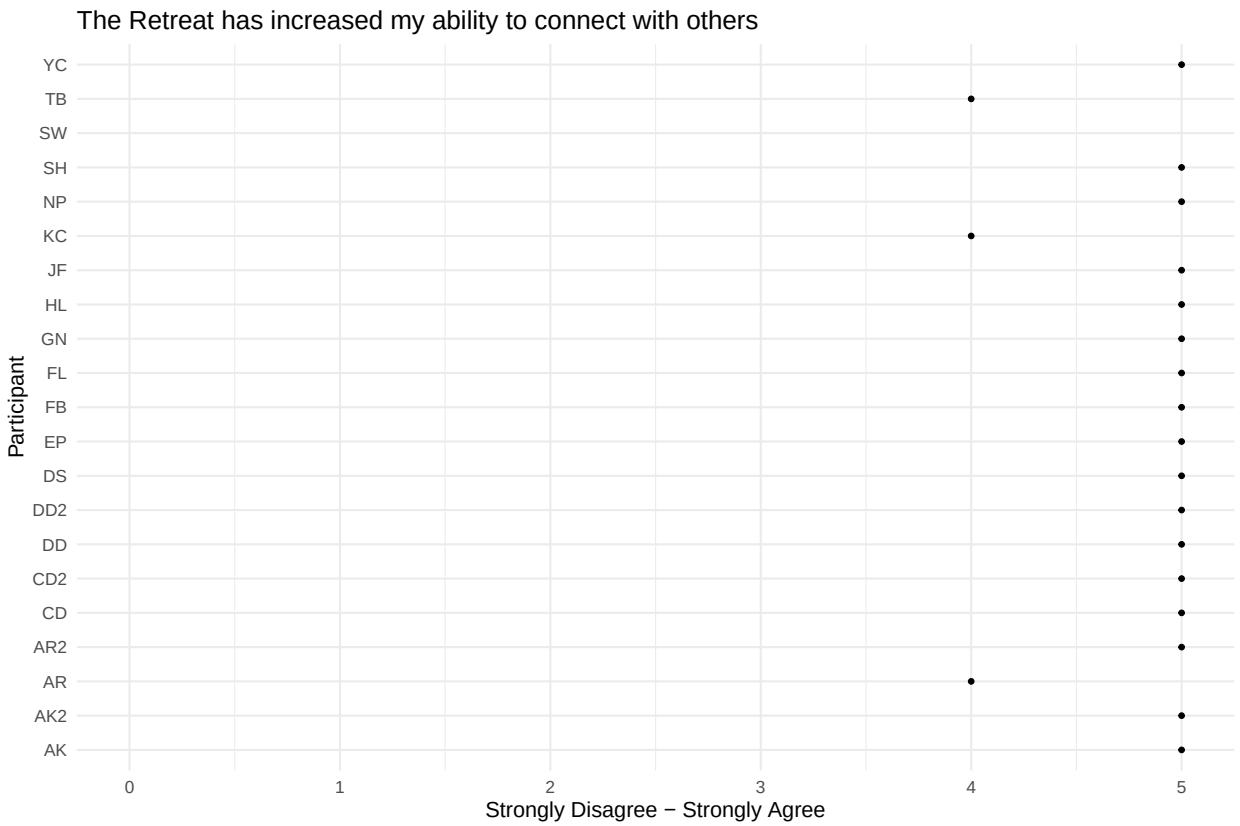

```
Fig3.7 <- ggplot(SKY, aes(x = Name, y = gain_resilience)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has increased my ability to gain resilience")+
    theme_minimal(base_size = 15)
Fig3.7 + ylim(0, 5)
```



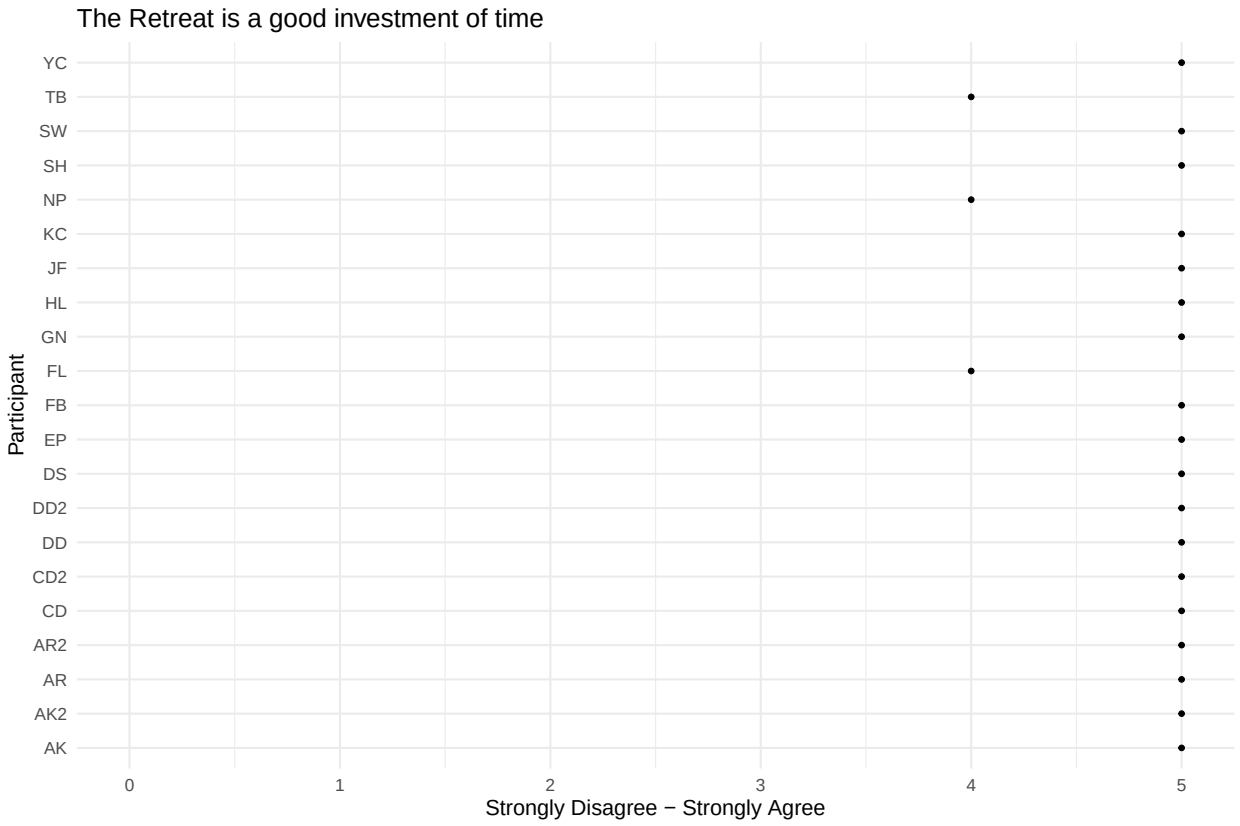

```
Fig3.8 <- ggplot(SKY, aes(x = Name, y = broader_perspectives)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has increased my ability to gain broader perspectives when facing challengi
    theme_minimal(base_size = 15)
Fig3.8 + ylim(0, 5)
```




```
Fig3.9 <- ggplot(SKY, aes(x = Name, y = connect_with_others)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat has increased my ability to connect with others") +
    theme_minimal(base_size = 15)
Fig3.9 + ylim(0, 5)
```




```
Fig3.10 <-ggplot(SKY, aes(x = Name, y = good_investment_of_time)) +
  geom_point() +
  coord_flip() +
    labs(x = "Participant",
       y = "Strongly Disagree - Strongly Agree",
       title = "The Retreat is a good investment of time") +
    theme_minimal(base_size = 15)
Fig3.10 + ylim(0, 5)
```




```
.............
```

```
## Error in eval(expr, envir, enclos): object '.............' not found
```

```
#updated
SKY %>%
  count(energy) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 4 x 3
##   energy     n  prop
##    <dbl> <int> <dbl>
## 1      3     1  5.88
## 2      4     3 17.6
## 3      5    16 94.1
## 4     NA     1  5.88
```

```
SKY %>%
  count(clarity_mind) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 3 x 3
##   clarity_mind     n  prop
##          <dbl> <int> <dbl>
## 1            4     3 16.7
## 2            5    17 94.4
## 3           NA     1  5.56
```

```r
SKY %>%
  count(multiple_responsibilities) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 3 x 3
##   multiple_responsibilities     n  prop
##                       <dbl> <int> <dbl>
## 1                         4     5 27.8
## 2                         5    15 83.3
## 3                        NA     1  5.56
```

```r
SKY %>%
  count(connect_to_myself) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 3 x 3
##   connect_to_myself     n  prop
##               <dbl> <int> <dbl>
## 1                 4     4 22.2
## 2                 5    16 88.9
## 3                NA     1  5.56
```

```r
SKY %>%
  count(stay_focused) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 3 x 3
##   stay_focused     n  prop
##          <dbl> <int> <dbl>
## 1            4     3 16.7
## 2            5    17 94.4
## 3           NA     1  5.56
```

```r
SKY %>%
  count(remain_calm) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 4 x 3
##   remain_calm     n  prop
##         <dbl> <int> <dbl>
## 1           3     1  5.88
## 2           4     3 17.6
## 3           5    16 94.1
## 4          NA     1  5.88
```

```r
SKY %>%
  count(gain_resilience) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 3 x 3
##   gain_resilience     n  prop
##             <dbl> <int> <dbl>
## 1               4     4 22.2
## 2               5    16 88.9
## 3              NA     1  5.56
```

```
SKY %>%
  count(broader_perspectives) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 3 x 3
##   broader_perspectives     n  prop
##                  <dbl> <int> <dbl>
## 1                    4     4 22.2
## 2                    5    16 88.9
## 3                   NA     1  5.56
```

```
SKY %>%
  count(connect_with_others) %>%
  mutate(prop = 100*n/sum(n-1))
```

```
## # A tibble: 3 x 3
##   connect_with_others     n  prop
##                 <dbl> <int> <dbl>
## 1                   4     3 16.7
## 2                   5    17 94.4
## 3                  NA     1  5.56
```

```
SKY2 <- import(here("data", "SKY2.xlsx"), setclass = "tbl_df")

SKY2 %>%
  kable() %>%
   kable_styling(bootstrap_options = c("striped", "hover", "condensed", "responsive", full_width = NULL
  column_spec(6:6, bold = T, color = "#3A9E23", background = "#F8F668") %>%
   footnote(general = "The participants were asked to rate how the techniques taught in the SKY Happines
            number = c("Numbers are in percentage"))
```

| :) | Strongly Disagree | Disagree | Neut |
|---|---|---|---|
| Increase my energy levels | 0 | 0 | |
| Enhance my clarity of mind | 0 | 0 | |
| Increase my ability to manage multiple responsibilities | 0 | 0 | |
| Enhance my ability to connect to myself | 0 | 0 | |
| Increase my ability to stay focused on the task at hand | 0 | 0 | |
| Improve my ability to remain calm in difficult situations | 0 | 0 | |
| Increase my ability to gain resilience | 0 | 0 | |
| Increase my ability to gain broader perspectives when facing challenging situations | 0 | 0 | |
| Increase my ability to connect with others | 0 | 0 | |
| The training was good investment of time | 0 | 0 | |

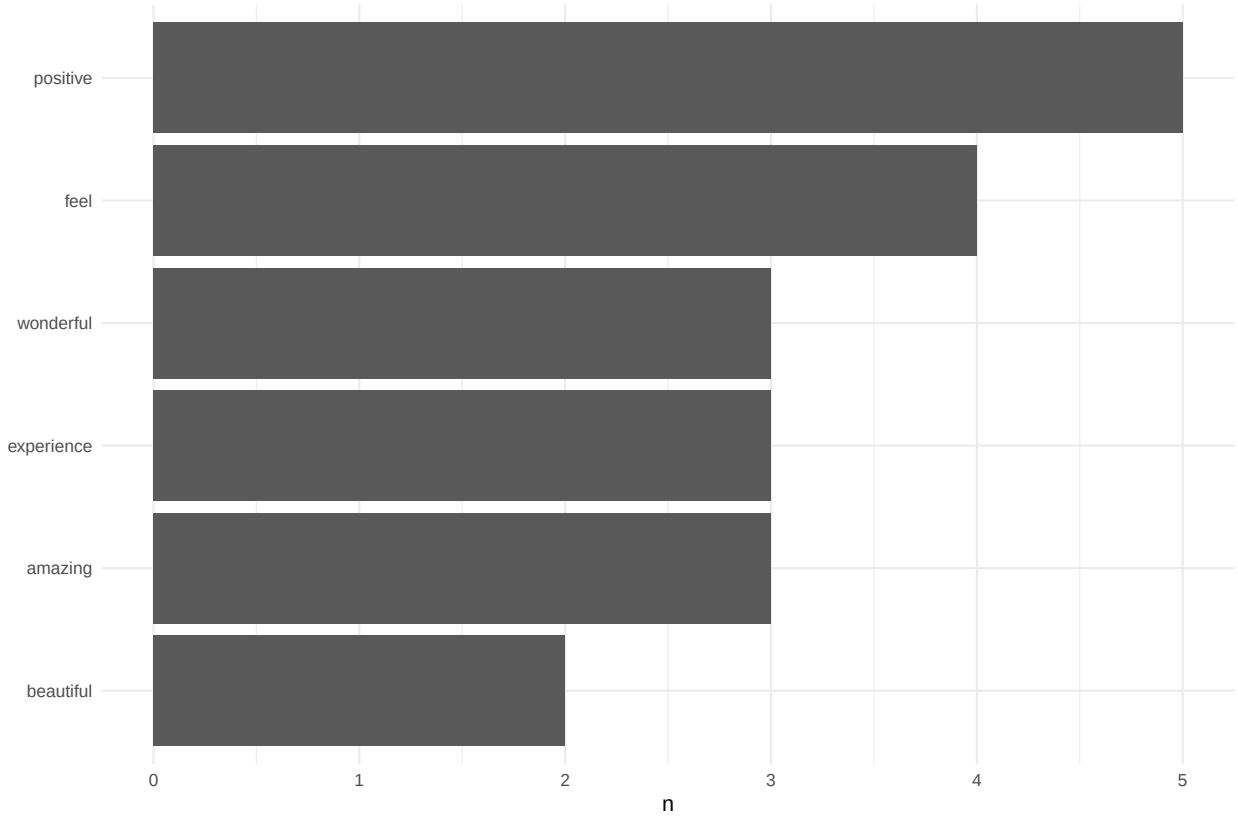
*Note:*
The participants were asked to rate how the techniques taught in the SKY Happiness Retreat have the ability to impact d
[1] Numbers are in percentage

```
experience <- c("I thought it was positive and powerful",
                "It was very beautiful. It felt like truth",
                "Fantastic growth experience",
                "Wonderful! There were physically challenging moments while sitting for Sudarshan Kriya
                "I had a wonderful experience. I had been feeling very unbalanced and uncertain. I now
                "I feel empowered and enlightened",
                "Very positive! Uplifting. Beautiful. Meaningful",
                "Great! I feel more relaxed, confident & can concentrate more on what I am doing",
                "So positive! I feel more capable of managing the things that come my way, and more oper
                "It was enlightening and freeing",
                "It was completely transformative. I LOVED it and felt so grateful for Sarah and Ting-f
                "Wonderful!",
                "Kind. Open. Good experience",
                "Very positive, nurturing, and invigorating",
                "Nice. Learned so many new things",
                "Very positive and good use of time",
                "Amazing! So calming, welcoming, and educational",
                "Pretty amazing",
                "Amazing",
                "I enjoyed it",
                "It was great")

experience_df <- tibble(line = 1:21, text = experience)

experience_df <- experience_df %>%
  unnest_tokens(word, text)

data(stop_words)

experience_df <- experience_df %>%
  anti_join(stop_words)

experience_df %>%
  count(word, sort = TRUE)
```

```
## # A tibble: 54 x 2
##    word           n
##    <chr>      <int>
##  1 positive       5
##  2 feel           4
##  3 amazing        3
##  4 experience     3
##  5 wonderful      3
##  6 beautiful      2
##  7 benefited      1
##  8 calming        1
##  9 capable        1
## 10 centered       1
## # ... with 44 more rows
```

```
#original
experience_df  %>%
  count(word, sort = TRUE) %>%
```

```
  filter (n > 1) %>%
  mutate(word = reorder(word, n)) %>%
  ggplot(aes(word, n)) +
  geom_col() +
  xlab(NULL) +
  coord_flip() +
    theme_minimal(base_size = 15)
```




```
...............
```

```
## Error in eval(expr, envir, enclos): object '...............' not found
```

```
#updated
experience_df  %>%
  count(word, sort = TRUE) %>%
  filter (n > 1) %>%
  mutate(word = reorder(word, n)) %>%
  ggplot(aes(word, n)) +
  geom_col(fill = "cornflowerblue",
           alpha = 0.7) +
  scale_y_continuous(breaks = seq(0, 11, by = 1),
                     limits = c(0, 5.25)) +
  xlab(NULL) +
  coord_flip() +
  coord_flip(expand = FALSE) +
  labs(x = "Word Use",
```

```
      y = "Frequency Count",
      title = "How was the experiece?") +
   theme_minimal(base_size = 15)  +
   theme_minimal(base_size = 15)  +
theme(panel.grid.minor = element_line(linetype = "blank")) +
guides(fill = "none")
```