Joined → True, ImageSize → Large, Ticks → {{1, 2, 3, 4, 5, 6, 7, 8, 9, 10}, Automatic}, AxesLabel → 
$$\left\{\frac{\epsilon}{\epsilon_f}, \frac{\sigma}{\sigma_f}\right\}$$
, AxesStyle →  $\blacksquare$ ]

 $ListPlot[Table[\{\frac{\mathsf{data}[i,2,4]}{\mathsf{ef}},\frac{\mathsf{data}[i,2,3]}{\mathsf{of}}\},\{i,1,\mathsf{IntegerPart}[\frac{\mathsf{Tf}}{\mathsf{T}}]\}],$