**Week 4 Discussion**

Why do you typically need to change data from wide to long when working with data in R or other programming languages? Your response should be one paragraph, and you must respond to three other student posts.

When working with data in R or other programming languages, you typically need to change data from wide to long form because it is easier to manipulate in that form. Many functions in R, such as the tidyverse packages, work better with long-form data. It is typically easier to group, filter, and mutate data in long form and function with data visualization packages like ggplot2. In addition to this, it is often easier to join datasets with long-form data, as they are often joined together using common columns. Overall, utilizing data in long form has many benefits, particularly in R, and is often considered an essential “tidy” data concept.

Sources:

Harrison, E., & Pius, R. (2021, January 15). *3.8 Reshaping data - long vs wide format*. R for Health Data Science. https://argoshare.is.ed.ac.uk/healthyr\_book/reshaping-data-long-vs-wide-format.html