can be thought of as the total dispersion of the data points around the mean of the dependent variable. It's calculated as the sum of the squared differences between each observed dependent variable value and the overall mean of the dependent variable.

SSR represents the variability in the dependent variable that is explained by the regression model. It's calculated as the sum of the squared differences between the predicted values of the dependent variable (obtained from the regression model) and the overall mean of the dependent variable.

SSE represents the unexplained variability or the error term in the regression model. It's calculated as the sum of the squared differences between the observed values of the dependent variable and the predicted values from the regression model.

Now, whether SST is "better" than SSR or SSE depends on the context and what you're trying to analyze:

1. **SST**: SST is essential because it provides a baseline for understanding the total variability in the data. It's useful for assessing how much of the variability in the dependent variable is being captured by the regression model.
2. **SSR**: SSR is crucial because it represents the portion of variability in the dependent variable that can be explained by the regression model. In many cases, researchers are interested in understanding how much of the variability in the dependent variable can be attributed to the independent variables included in the model.
3. **SSE**: SSE is important because it represents the portion of variability in the dependent variable that cannot be explained by the regression model. It includes factors other than those accounted for in the model. Minimizing SSE is often a goal in regression analysis because it indicates a better fit of the model to the data.

So, it's not a matter of one being inherently "better" than the others. Instead, they each serve different purposes in understanding the relationships between variables in regression analysis.

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