

Stressing? Or Chilling?

Unit 2 - Lab 7

Directions: Follow along with the slides and answer the questions in **BOLDED** font in your journal.

What causes us stress?

- Under what circumstances do you feel the most stressed out?
- When do you feel the most relaxed?
- Do you think the people you're with or where you are affects your stress level?
- In this lab, we'll investigate under what conditions we feel more stressed, or more chilled.
- Download, upload and load your *Stress/Chill* data and name it: **stress**.

Getting familiar with our data

- View your stress data and write down which variables are *numeric* and which are *categorical*.
- Does our data contain any missing values? What command can you run to be certain?
- Does a negative value for **stresschill** mean the person is stressing or chilling?

Who do we stress/chill the most with.

- Create plots or compute numerical summaries to answer the following questions. Write down both your answers to the question and the code used to help you answer it.:
 - Which group of people are we with when we're feeling the most *chilled*?
 - Which group of people are we with when we're feeling the most *stressed*?
- In your opinion, do you think there's a reason why we might feel more or less stressed when we're around different people? Why do you think that is?

What role does our environment play?

- Do you predict that being *indoors* as opposed to *outdoors* will change our **stresschill** levels?
 - Are people who are indoors more or less stressed than those who are outdoors?
 - Create barplots of people's **stresschill** levels when they're *indoors* and *outdoors*. Are their stress levels different? Make call and justify your answer.

Do people stress us out?

- Do you think being around more people makes us feel more stressed out? Why?
 - Come up with a plot to answer this question and write down the code you use.
 - Are you able to find an answer? Or is the answer ambiguous?
 - Does your answer change depending on if people are *indoors* or *outdoors*?

Coming up next..

- Do you think people are just naturally more stressed out? Could you answer this question using just the variables in our **stress** data?
- In the next lab, we'll learn how to combine data sets together.
 - This will let us combine our information about **stress** levels with information about people's personalities!
- Stay tuned, more to come!