**Steps to Perform Multiple Regression Analysis in R:**

1. **Define the Outcome Variable**: For the purpose of this analysis, let’s assume that the outcome variable is enthusiasm\_to\_complete\_tasks. You can replace this with the actual variable name from your dataset if different.
2. **Fit the Multiple Regression Model**: The model will predict enthusiasm\_to\_complete\_tasks based on various demographic predictors such as Age, Gender, Residential\_status, Socio\_economic\_status, Institution\_level, Educational\_discipline, and Hours\_of\_sleep.