R and RStudio Installation:

Please remember to install R first before you start installing RStudio.
Versions are available for Windows, Mac OS X, and Linux. Follow the instructions when running the installation program, selecting the default options when prompted.
Step 1:
Open an internet browser and go to https://cran.r-project.org/
Step 2:
Choose and click the option for your system under "Download and Install R" box.
Step 3:
In you have a Mac, after clicking "Download R for (Mac) OS X," download
the first file under latest release. Save the .pkg file, double-click it to open, and follow the installation instructions.
If you have a Windows system, after clicking "Download R for Windows," click "base" on the top of the page and then click "Download R 4.0.3 for Windows" and follow the installation instructions.

Now that R is installed, you need to download and install RStudio.

Step 1:
Go to www.rstudio.com and click on the "Products" on the top panel. Choose "RStudio" from the dropdown menu.

Step 2: Scroll down and Click on "RStudio Desktop" and then click on "Download RStudio Desktop."

Step 3: Click on the version recommended for your system, or the latest Mac version, save the .dmg file on your computer, double-click it to open, and then drag and drop it to your applications folder.

Once you finish installing R and then RStudio, you may try to open the R script test file and check if you are able to run them and see the results.