

# Digital Well-being: SPSS Assignment 1

15 points for the screenshots showing time,  
gender & religion correctly coded  
35 points for finding the mean (average) of  
the 6 new variables we created  
50 points total



## FIRST:

After importing your data from excel into SPSS, you will create 6 new variables: PSS total, ST daily average, micro optimism, macro optimism, PVS ave, and SBQR total. Watch [lab lecture 2](#) and follow along by opening up SPSS on your computer and doing what I do in the video. IMPORTANT: you will also need to download the excel file for the [Digital Wellbeing data](#) that is posted to the lab webpage.

## Second:

Three variables on the Digital Wellbeing survey need to be coded. These variables and their codes are below:

**time:** pre-pandemic (1) early pandemic (2) late pandemic (3) endemic (4)  
**gender:** male (1) female (2) gender-fluid (3) no gender (4)  
**religion:** Religious and practice regularly (1)  
Religious but practice infrequently (2)  
Religious but not practicing (3)  
Not religious (4)

## Third:

Copy the table showing the means of the 6 new variables we created into a .docx

## FOURTH:

Go to variable view and code the variables that need to be coded: time, gender and religion. Take a “snippit” of each and copy that snippit into the same word (.docx) document. Save it as

“digital-wellness-assign1.docx” or “digital-wellness-assign1.pdf”

For each coded variable, only the essential info should be shown, as in the example below.

Variable name shows

pop-up menu shows

value column shows

The image shows a screenshot of the SPSS Variable View window. The 'Values' column for the 'sex' variable is highlighted in yellow. A 'Value Labels' dialog box is open over the 'sex' variable, showing the mapping: 1.00 = "male" and 2.00 = "female". Three red arrows point to the 'Name' column, the 'Value Labels' dialog box, and the 'Values' column.

Name	Type	Width	Decimals	Label	Values
ID Code_FRQ	Numeric	8	2		None
sex	Numeric	8	2		{1.00, male}...
age	Numeric	8	2		None
relig	Numeric	8	2		{0, LDS}...
you	Numeric	8	2		{0, yes}...
mo	Numeric	8	2		{0, yes}...
dad	Numeric	8	2		{0, yes}...
vali	Numeric	8	2		{0, yes}...
FRQ	Numeric	8	2		None
FRQ	Numeric	8	2		None
FRQ	Numeric	8	2		None
FRQ	Numeric	8	2		None
FRQ	Numeric	8	2		None
FRQ	Numeric	8	2		None
fem	Numeric	8	2		None
fem	Numeric	8	2		None
FRQ5 time	Numeric	8	2		None

### FIFTH:

Go to Canvas and upload your document there.  
Remember, it needs to be a .docx or pdf.

With this and all other SPSS assignments, you need to go into Canvas to submit the assignment. I have set these up as “quizzes”, but don’t let the name fool you. These are still just assignments. Importantly, the work you submit needs to be your own.

