



はじめての R講座

R, R Studio

インストール方法

macOSの場合

この資料について

- 本講座では、受講者の皆さんのパソコンに事前にRとRStudioの2つをインストールしていただきます。
- 本資料では**macOS**の場合について、RとRStudioのインストール手順を紹介します。
- RをインストールしないとRStudioは動作しません。R→RStudioの順にインストールを行ってください。



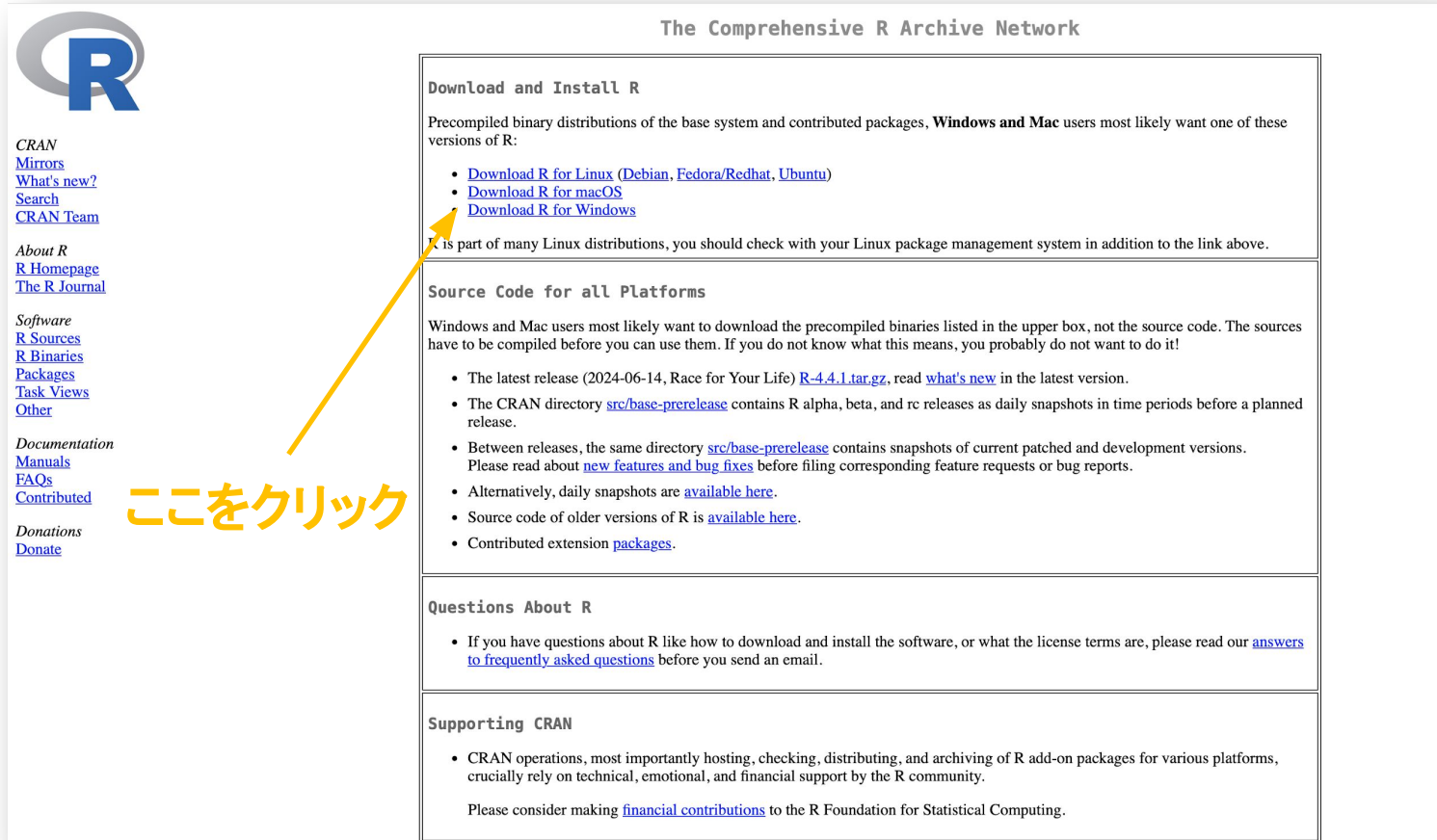
R インストール方法

macOSの場合

R ①サイトにアクセス

- 以下のサイトにアクセスし、「Download R for macOS」をクリック

URL: <https://cran.rstudio.com>



The Comprehensive R Archive Network

Download and Install R

Precompiled binary distributions of the base system and contributed packages, **Windows and Mac** users most likely want one of these versions of R:

- [Download R for Linux \(Debian, Fedora/Redhat, Ubuntu\)](#)
- [Download R for macOS](#)
- [Download R for Windows](#)

R is part of many Linux distributions, you should check with your Linux package management system in addition to the link above.

Source Code for all Platforms

Windows and Mac users most likely want to download the precompiled binaries listed in the upper box, not the source code. The sources have to be compiled before you can use them. If you do not know what this means, you probably do not want to do it!

- The latest release (2024-06-14, Race for Your Life) [R-4.4.1.tar.gz](#), read [what's new](#) in the latest version.
- The CRAN directory [src/base-prerelease](#) contains R alpha, beta, and rc releases as daily snapshots in time periods before a planned release.
- Between releases, the same directory [src/base-prerelease](#) contains snapshots of current patched and development versions. Please read about [new features and bug fixes](#) before filing corresponding feature requests or bug reports.
- Alternatively, daily snapshots are [available here](#).
- Source code of older versions of R is [available here](#).
- Contributed extension [packages](#).

Questions About R

- If you have questions about R like how to download and install the software, or what the license terms are, please read our [answers to frequently asked questions](#) before you send an email.

Supporting CRAN

- CRAN operations, most importantly hosting, checking, distributing, and archiving of R add-on packages for various platforms, crucially rely on technical, emotional, and financial support by the R community.

Please consider making [financial contributions](#) to the R Foundation for Statistical Computing.

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ここをクリック

R ②インストーラーのダウンロード

- 使用しているMacのプロセッサ(次頁参照)に準じて、インストーラー ([R-4.5.1-arm64.pkg](#) or [R-4.5.1-x86_64.pkg](#))をダウンロード



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This directory contains binaries for the base distribution versions older than 4.0.0 are only available from the [CR](https://cran-archive.r-project.org) (https://cran-archive.r-project.org) accordingly.

Note: Although we take precautions when assembling b

R 4.5.1 "Great

Please check the integrity of the downloaded package b
pkgutil --check-signature R-4.5.1-arm64.pkg
in the *Terminal* application. If Apple tools are not availa
openssl sha1 R-4.5.1-arm64.pkg

For Apple silicon (M1,2,..) Macs: **R 4.5.1** binary for n
[R-4.5.1-arm64.pkg](#)

SHA1-
hash: 0db802faf0e544168794a6d648c73a48c2b51a5d
(ca. 97MB, notarized and signed)

Contains R 4.5.1 fra
6.8. The latter two
"custom install", th
build package docu

For older Intel Macs:

[R-4.5.1-x86_64.pkg](#)

SHA1-
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macOS Ventura use
from some locatio
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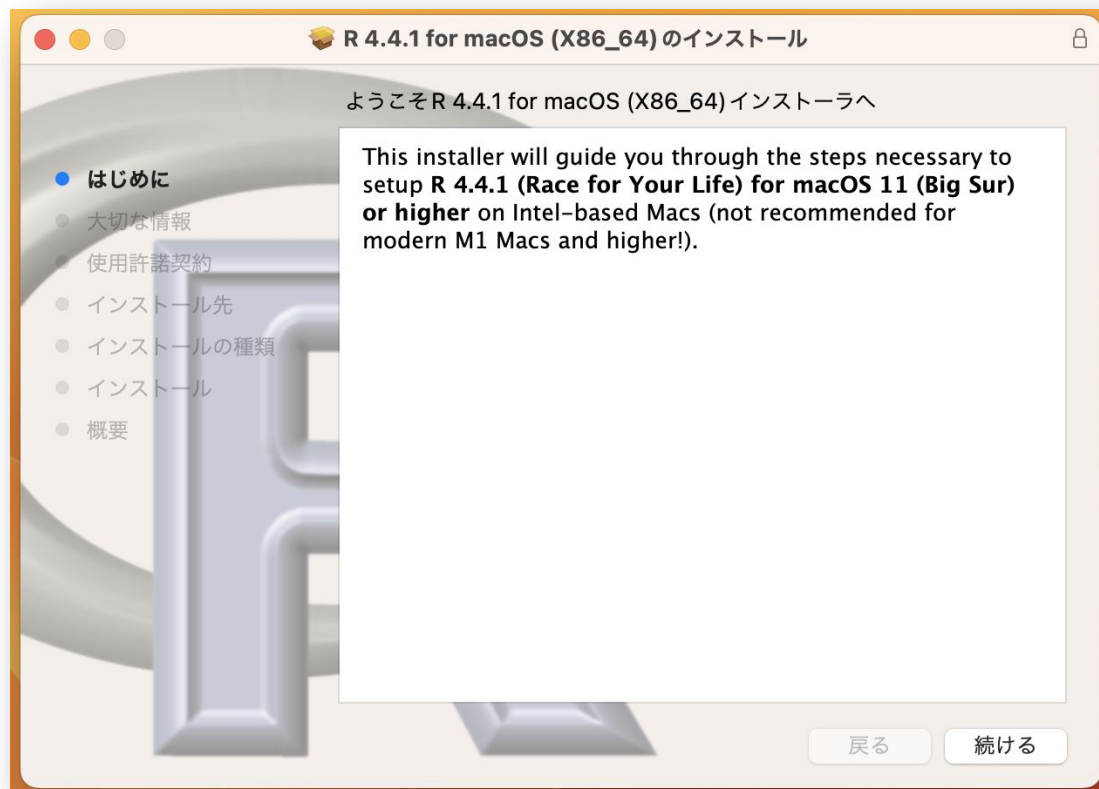
※プロセッサの確認方法

- Appleのロゴにカーソルを合わせ、「このMacについて」をクリック(①) → プロセッサ(or チップ)が表示される(②)
- チップ(M1 or M2 or M3)と表示された場合:「 [R-4.5.1-arm64.pkg](#) 」を選択
- プロセッサ(Intel)と表示された場合:「 [R-4.5.1-x86_64.pkg](#) 」を選択



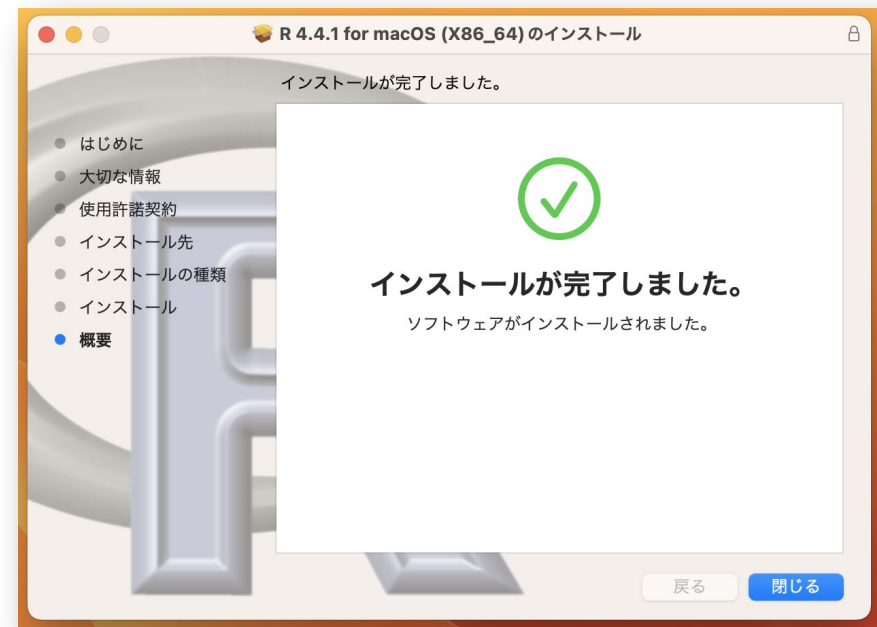
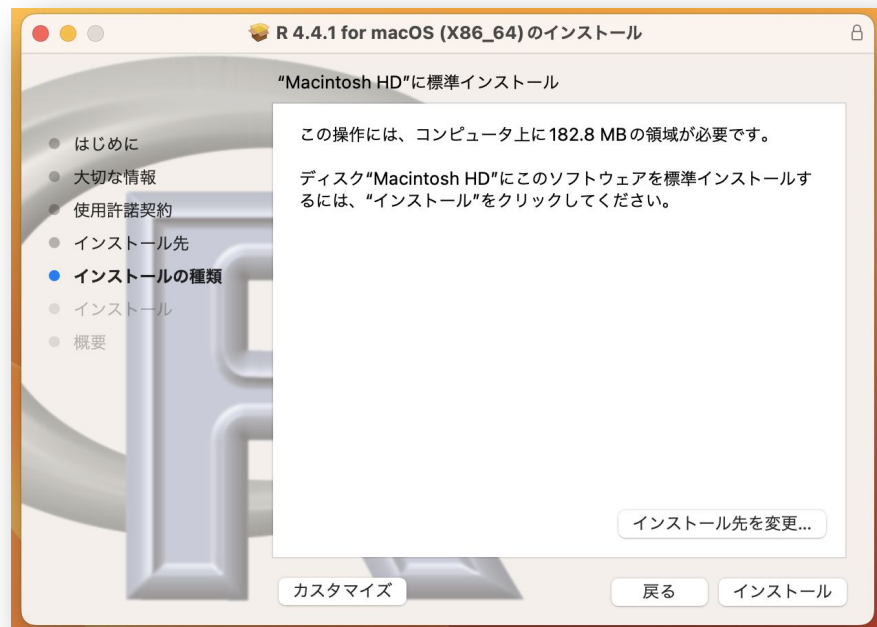
R ③インストーラーを開く

- ダウンロードしたインストーラー ([R-4.5.1-arm64.pkg](#) or [R-4.5.1-x86_64.pkg](#))を開く
- 以下のような画面が出るので全て「続ける」をクリック。使用許諾契約についても「同意する」をクリック。



R ④インストール完了

- 空き容量が足りていることを確認した上で、「インストール」をクリック(左写真)。
- 右写真のような画面が表示されると、インストール完了！





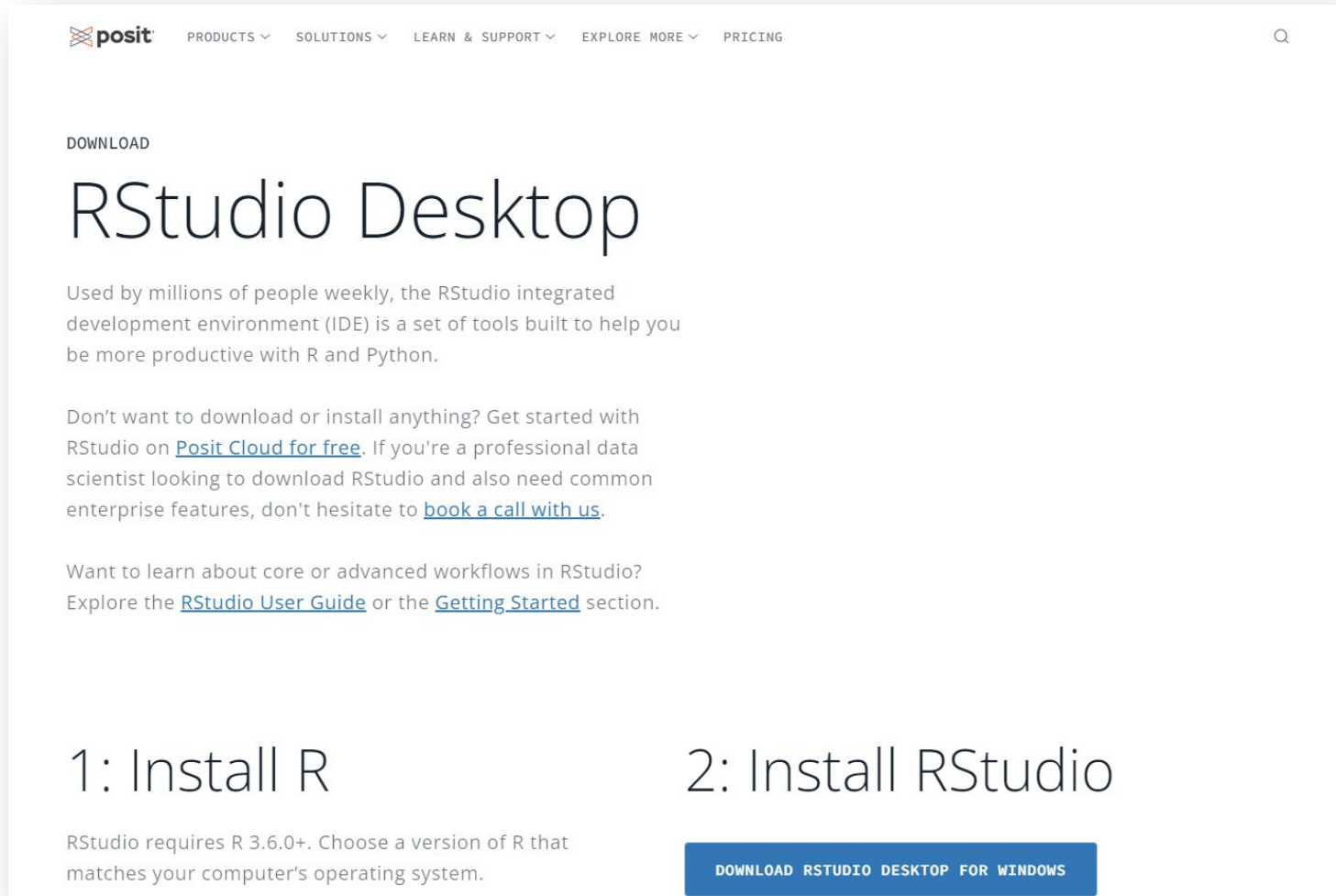
RStudio インストール方法

macOSの場合

RStudio ①サイトにアクセス

- まず、以下のサイトにアクセス

<https://posit.co/download/rstudio-desktop/>



The screenshot shows the RStudio Desktop download page. At the top is the Posit logo and navigation links: PRODUCTS, SOLUTIONS, LEARN & SUPPORT, EXPLORE MORE, and PRICING. A search icon is in the top right. The main heading is 'RStudio Desktop' under the 'DOWNLOAD' section. Below the heading is a paragraph describing RStudio as an integrated development environment (IDE) used by millions of people weekly. Further down, there are two paragraphs: one encouraging users to get started with RStudio on Posit Cloud for free or book a call with us, and another linking to the RStudio User Guide and Getting Started section. At the bottom, there are two columns: '1: Install R' and '2: Install RStudio'. Under '1: Install R', it says 'RStudio requires R 3.6.0+. Choose a version of R that matches your computer's operating system.' Under '2: Install RStudio', there is a blue button that says 'DOWNLOAD RSTUDIO DESKTOP FOR WINDOWS'.

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RStudio Desktop

Used by millions of people weekly, the RStudio integrated development environment (IDE) is a set of tools built to help you be more productive with R and Python.

Don't want to download or install anything? Get started with RStudio on [Posit Cloud for free](#). If you're a professional data scientist looking to download RStudio and also need common enterprise features, don't hesitate to [book a call with us](#).

Want to learn about core or advanced workflows in RStudio? Explore the [RStudio User Guide](#) or the [Getting Started](#) section.

1: Install R

RStudio requires R 3.6.0+. Choose a version of R that matches your computer's operating system.

2: Install RStudio

DOWNLOAD RSTUDIO DESKTOP FOR WINDOWS

RStudio ②インストーラーのダウンロード

- 次に「2: Install RStudio」の「DOWNLOAD RSTUDIO FOR MACOS 12+」(青いボタン)をクリック
- ダウンロードが開始する

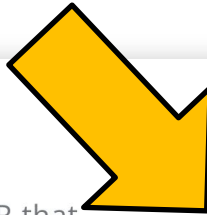
ここをクリック

1: Install R

RStudio requires R 3.6.0+. Choose a version of R that matches your computer's operating system.

R is not a Posit product. By clicking on the link below to download and install R, you are leaving the Posit website. Posit disclaims any obligations and all liability with respect to R and the R website.

DOWNLOAD AND INSTALL R



2: Install RStudio

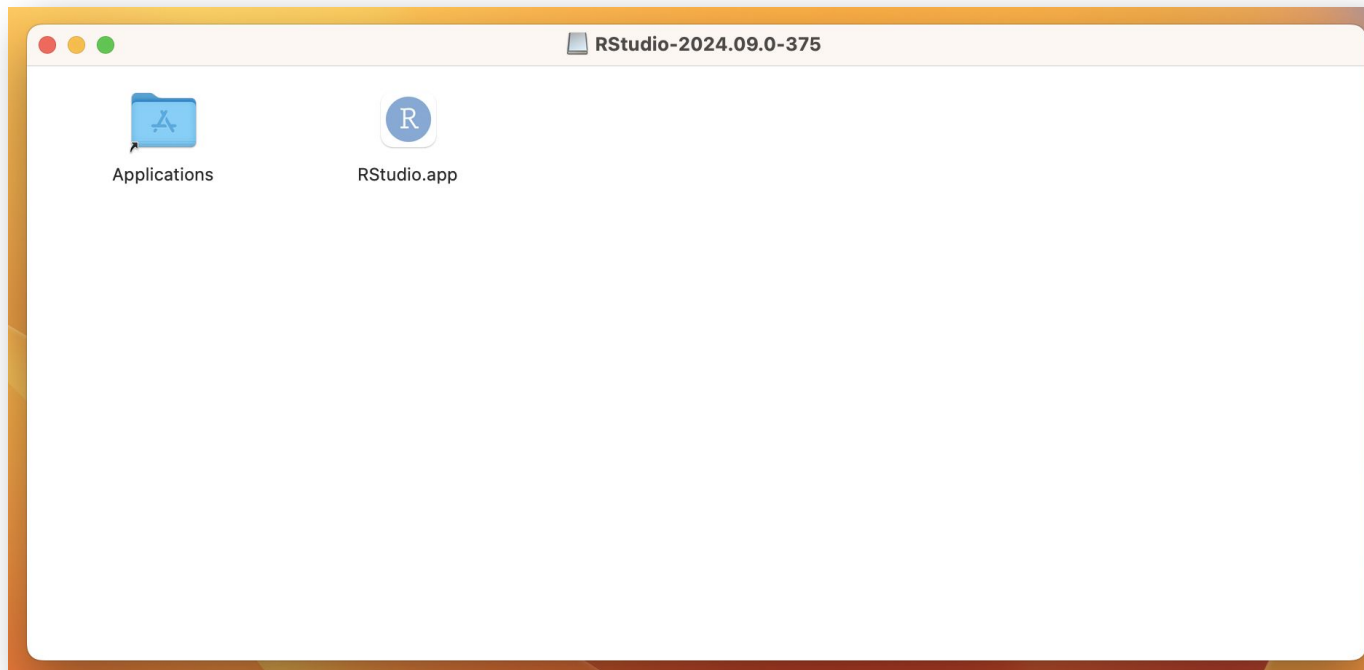
DOWNLOAD RSTUDIO DESKTOP FOR MACOS 12+

This version of RStudio is only supported on macOS 12 and higher. For earlier macOS environments, please [download a previous version](#).

Size: 621.00 MB | [SHA-256: 54D722FD](#) | Version: 2024.09.0+375
| Released: 2024-09-23

RStudio ③インストーラーを開く

- ダウンロードしたファイル(インストーラー)
「RStudio-2025.09.0-387.dmg」を開く
- 以下のような画面が出るので、RStudioのアイコンを
「Applications」へドラッグ&ドロップ。



※違う画面が出る場合は、表示されたインストーラーの指示に従って入れば基本的に大丈夫です。

RStudio ④インストール完了

- Finderの「アプリケーション (Applications)」に「RStudio.app」が追加されていればインストール完了！

