**JSON (Javascript Object Notation)**

**JSON.parse():-**

**Parsing Object:-**

A common use of JSON is to exchange data to/from a web server.

When we receive data from a web server, the data is always a string.

When we parse the data with JSON.parse(), then data becomes a

JavaScript object.

**Parsing Array:-**

You can parse array, date and functions also.

When using the JSON.parse() on a JSON derived from an array, the method will return a JavaScript array, instead of a JavaScript object.

**Parsing Dates:-**

Date objects are not allowed in JSON.

If you need to include a date, write it as a string.

You can convert it back into a date object later

### Parsing Functions:-

Functions are not allowed in JSON.

If you need to include a function, write it as a string.

You can convert it back into a function later:

**JSON.stringify():-**

**Strigify Object:-**

When sending data to a web server, the data has to be a string.

Convert a JavaScript object into a string with JSON.stringify().

You can stringify object, array, date and function.

## Stringify a JavaScript Array:-

It is also possible to stringify JavaScript arrays:

### Stringify Dates:-

In JSON, date objects are not allowed. The JSON.stringify() function will convert any dates into strings.

### Stringify Functions:-

In JSON, functions are not allowed as object values.

The JSON.stringify() function will remove any functions from a JavaScript object, both the key and the value: