Abstraction is a concept in the form of a ladder, where one end is simple and the other is abstract. In code, abstraction refers to the distance from the base which is machine language. The further down you go on the ladder, the harder it is for a person to understand it and the easier it is for the computer and the reverse for when you move up the ladder.

A benefit of abstraction is that compilers allow for us to write and develop code higher up on the ladder and have it compiled into a lower level language for the computer to understand. Most often, a compiler translates a language into ASM, assembly, which is code written in Hexadecimal, making it easy for the computer to understand.

An example of abstraction in code would be pseudocode:

You could have something written like:  
 *OUTPUT -> “Hello World!”*

Which would translate to:  
 *Console.Writeline(“Hello World!”);*

Pseudocode, as a principle, is close to the highest level of the abstraction ladder for code, since it can be translated to nearly every coding language.