Object-Oriented Programming (OOP) provides a structured approach to writing code by bundling data and functionality within objects. This makes the code more organized, reusable, and easier to maintain. Concepts like encapsulation help secure and hide internal details, while inheritance and polymorphism allow for flexibility and efficient code reuse. Especially in larger projects, OOP contributes to scalability and efficiency.

In OOP, there is a distinction between classes and objects. A class serves as a blueprint that defines properties and behaviors, while an object is a specific instance of that class. An object only occupies memory and can perform actions once it has been instantiated based on the predefined structure.