An array in Java is a data structure that holds a fixed number of elements of the same data type. Arrays are used to store collections of items, such as numbers, strings, or objects. Each element in an array is accessed by an index, which starts from 0 for the first element.

Here's how you declare and use an array in Java:

```java
// Declare an array of integers
int[] numbers = new int[5]; // Creates an array that can hold 5 integers

// Initialize array elements
numbers[0] = 10;
numbers[1] = 20;
numbers[2] = 30;
numbers[3] = 40;
numbers[4] = 50;

// Access array elements
int firstNumber = numbers[0]; // 10
int thirdNumber = numbers[2]; // 30

// Iterate through the array
for (int i = 0; i < numbers.length; i++) {
    System.out.println(numbers[i]);
}
```

In this example, an array of integers named `numbers` is declared and initialized to hold 5 elements. Each element is accessed using its index within square brackets (`numbers[0]`, `numbers[1]`, etc.). The `length` property gives the number of elements in the array.

Array Initialization:

You can also initialize arrays directly with values:

```java
int[] scores = {85, 92, 78, 95, 88};
```

Multidimensional Arrays:

Java also supports multidimensional arrays, which are arrays of arrays. Commonly used are 2D arrays:

```java
int[][] matrix = new int[3][3];
matrix[0][0] = 1;
matrix[0][1] = 2;
matrix[1][0] = 3;
// ...
```

You can also directly initialize multidimensional arrays:

```java
int[][] matrix = {
    {1, 2, 3},
    {4, 5, 6},
    {7, 8, 9}
};
```

Array Methods:

Java provides some utility methods for arrays, such as sorting, searching, and copying:

```java
int[] numbers = {5, 2, 9, 1, 5};
Arrays.sort(numbers); // Sorts the array in ascending order

int index = Arrays.binarySearch(numbers, 9); // Searches for the index of value 9

int[] copy = Arrays.copyOf(numbers, numbers.length); // Creates a copy of the array
```

Arrays are fundamental data structures that allow you to store and manipulate collections of values efficiently. They are widely used in Java programming to handle various types of data.