EXPLANATION

HTML: The primary menu items in the navigation bar construction are listed in an unordered list (<ul>) with another unordered list's nested dropdown content ul. This is easy to control the menu items and their drop-downs, and it is sound stylistically and semantically.  
  
CSS: By utilizing margin:0 auto, the navbar can be styled such that it is centered in the page and has a maximum width of 800px so as to remain within reasonable size. The drop-down content is hidden until the user hovers over "Services" menu item. The media query is used for responsiveness by adjusting the navigation layout for screens smaller than 768px, which changes the menu items into a column layout for easier reading on mobile devices.  
  
JS: The use of mouseover and mouseout events for showing and hiding the dropdown menu makes it more efficient to enhance its functionality. Compared to CSS alone, this allows for greater and more precise control over how dropdown behaves. Moreover, an event listener is attached to it that closes the dropdown whenever someone clicks anywhere outside the navigation elements. This serves to improve its usability as well as prevent accidental display of an opened menu.