1. HTTPS is preffered to HTTP because its keeps daatat much more safe when doing things like logins and purchases. This is done by encription which stops hackers from seeing users sensitive information such as passowrds or payment details. The authentication of HTTPS also ensures you are talking to a authentic server and not a fake one, preventing what is called a man in the middle attack. It also keeps the date intact ensuring it isnt tampered with during transmission. In coclusion JTTPS ensures your data is private and secure.
2. HTTP works by seendding a HTTP request then a response, each request creates new connections, making the real time updates slow and inefficient. Webocket however creates a persistent connection and then stays open. Which allows for real time two way connection between the clients and the server. So websocket creats a single long lived connection with no need for reconnects as long as that connection stays open. This allows data to flow freely in both directions until explicitely closed.Websockets being really good for multiplayer updates or messaging where the quick response matters.