How to test the website’s backend?

<https://qaautomation.expert/2020/05/03/how-to-send-post-requests-in-jmeter/>

<https://www.youtube.com/watch?v=99ar2jEwoEg&ab_channel=snowexpertrohit>

https://www.youtube.com/watch?v=Nen32GXVeB4&ab\_channel=JosephKhan