**Auto Boxing:** Automatic conversion from primitive to wrapper class by the compiler is called auto Boxing. It is introduced in java 5 version.

Example: Integer I =10;

Here 10 is a primitive value. Which is converted into Integer wrapper class. This conversion is done automatically by the compiler. Compiler will generate the following line.

Integer I = Ineteger.valueOf(10);

So internally valueOf() method is used for AutoBoxing.

valueOf()

Auto Boxing

Primitive