Abstraction helps us put our code into several different “boxes” like modules, functions, and classes. It is very useful in programming because it allows us to focus on the more important parts of the code. A benefit of abstraction is it allows us to create like a blueprint of something big that we were working on which would make it readily available to use making things a lot easier to manage and while making them more understandable at the same time. Abstraction can be applied to several different areas in programming anything involving data bases would most likely use some form of abstraction.