ES5 => stands for ecmascript version 5 support to start before version of react js of 15.0.2

ES6=> stands for ecmascript version 6 support to start version of react js of 18.0.2

ES6 varsion support arrow functions , map , promises, asynch, strictmode , js hoisting etc.

arrow functions ,

map

promises

asynch, strictmode ,

js hoisting etc.