### Explain React State

In React, **state** is a built-in object that allows components to create and manage their own data. It is used to store dynamic information that may change over time, such as user input, API responses, or toggle status.

React State enables components to respond to user actions, system events, or data changes by re-rendering the UI automatically when the state is updated.

#### Key Points:

* State is managed within the component using the useState() hook (in functional components).
* When state changes, the component re-renders to reflect the updated data.
* State is **local** to the component unless passed through props or lifted up.

#### Example:

jsx

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import React, { useState } from 'react';

function Counter() {

const [count, setCount] = useState(0); // count is the state variable

return (

<div>

<p>You clicked {count} times</p>

<button onClick={() => setCount(count + 1)}>

Click me

</button>

</div>

);

}

In the example above, count is a state variable initialized to 0. Clicking the button updates the state using setCount, which causes the component to re-render.