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**Research**

Docker is an open platform that allows you to develop, ship, and run applications in containers.

Docker-compose is a tool that makes it easier for developers to develop and run multi-container docker applications.

Docker makes it easier for developers to keep up with what is required in modern software development by eliminating compatibility issues, being lightweight and fast, speeding up development and deployment, providing portability, and providing scalability.

Docker has a feature called Docker Automation which allows you to automatically build images from source code in an external repository and allows the automated running of any automated tests that have been configured.

The steps to dockerize a node.js API (Application Programming Interface) include installing Docker and Docker-compose, creating a Dockerfile, creating a .dockerignore file, building the docker image, running the docker container, using docker-compose to manage multiple containers, and testing your API.