**Explain React State**  
React state is a built-in object that allows components to hold and manage dynamic data that can change over time. It enables components to respond to user input, server responses, and other events by re-rendering the component with updated values. In class components, state is initialized in the constructor using this.state and updated using this.setState(). In function components, state is managed using the useState hook. When the state of a component changes, React automatically triggers a re-render to reflect the updated UI, ensuring that the view remains in sync with the data.