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public class MainActivity extends AppCompatActivity {
    Button btn_start,btn_stop;
    TextView txt_value;
    int i=1;
    Handler customHandler = new Handler();

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_main);
        btn_start = findViewById(R.id.btn_start);
        btn_stop = findViewById(R.id.btn_stop);
        txt_value = findViewById(R.id.txt_value);
        btn_start.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                customHandler.postDelayed(updateTimerThread,0);
            }
        });
        btn_stop.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                customHandler.removeCallbacks(updateTimerThread);
            }
        });
    }

    private final Runnable updateTimerThread=new Runnable() {
        @Override
        public void run() {
            txt_value.setText(""+i);
            customHandler.postDelayed(this,1000);
            i++;
        }
    };
}
```