What is a method in Java:

A method acts like a subprogram which contains a chunk of code. The purpose of using methods is because they act like functions. We run the piece of code in the method, only when the method is called. In other words, if you don't call the method, the piece of code in the method doesn't run.

What is a return method in Java:

A return method in java is a piece of code that returns a value. The value can be any type of data type.