In create page

<select name="category\_id" class="form-control">

<option>--Select One--</option>

@foreach($category as $item)

<option value="{{$item->id}}" {{old('category\_id') == $item->id ?'selected':''}}>

{{$item->name}} </option>

@endforeach

</select>

In Edit page

<select name="category\_id" class="form-control">

@foreach($category as $item)

<option value="{{$item->id}}" {{$item->id == $product->category\_id ?'selected':''}}>

{{$item ->name}}

</option>

@endforeach

</select>