useState in React

useState is a React Hook that allows you to add state management to functional components. State in React is used to store and manage data that can change over the lifecycle of a component

```
const [state, setState] = useState(initialValue);
```

state: The current state value.

setState: A function used to update the state.

initialValue: The initial value of the state.

Explanation

- 1. useState(0) initializes the count state with 0.
- 2. setCount is a function to update the count state.
- 3. When the button is clicked:
 - setCount(count + 1) updates the state to the incremented value.
 - React re-renders the component to reflect the updated state.

Key Points

1. **Initial Value**: useState takes an initial value, which can be any data type (number, string, object, array, etc.).

```
const [name, setName] = useState("John");
const [items, setItems] = useState([]);
```

2. Updating State:

- You can update state with setState.
- React ensures the component re-renders after the state changes.

```
setName("Jane"); // Updates state to "Jane"
setItems([...items, newItem]); // Adds a new item to the array
```

Managing an Object State

If the state is an object, you need to use the spread operator (...) to maintain immutability: