State

State - The state is **a built-in React object that is used to contain data or information about the component**. A component's state can change over time; whenever it changes, the component re-renders.

State can be updated in response to event handlers, server responses, or prop changes. This is done using the **setState()** method. The setState() method enqueues all of the updates made to the component state and instructs React to re-render the component and its children with the updated state.

Always use the _setState() method_ to change the state object, since it will ensure that the component knows it's been updated and calls the render() method.