Which one is better?

User stories is better than the other two because A user story is a user-centric description of the goals that one or more people will achieve by using our product.  User stories are applicable whenever there is a person, interacting with an interface to a product, to achieve a goal. A user story is a brief description of functionality as viewed by the user. It doesn’t model the interaction between the actor and the system, what the use case does. A user story is not a sequence of actions. A user story is smaller and can finally be seen as a part of a specific use case: the main success scenario or an extension

A User stories are used for planning. They play a major role in project estimation and planning. Use cases are not used for planning, even if you can use “use cases points” technique to estimate project size.