In programming we call a language loosely typed when you don't have to explicitly specify types of variables and objects

A strongly typed language on the contrary wants types specified.

There are pros and cons, you can argue forever but the reality is that both approaches are great, in their intended context and usage.

Java script is loosely typed - you don't have to tell that a string is a string, nor you can require a function to accepts an integer as its parameter.

This gives Java script a lot of flexibility flexibility lets you move faster, change things quickly, iterate at a faster velocity.

A strong type system instead gives much more structure to a program and its a great aid for example when working in teams, when one single programmer can't really have all the codebase in mind when working on it, and having types helps keep the code manageable.

Type script is a great example of a strongly typed language. It compiles to Javascript, giving you the benifit of the Javascript platform plus the intended advantages of types, C, Go, Java and swift are great examples of strongly typed languages.

Loosly typed language examples

perl is a loosely typed language, you can declare a variable, ~~bool~~ but it doesn't require you to classify the type of variable.

PHP,

Javascript

VB (visual basic)