Encapsulation: Grouping data and methods into one class.

Data hiding: This is about security. Protecting data by making it private. So it can't be messed up from outside.

Data abstraction: simplicity. Hiding the complex inner workings and showing only the necessary parts, like buttons etc. It lets you use a tool without needingg to understand the complicated logic behind it.

Conclusion:

You group it, protect it, simplify it. So the code is easy to use without being easy to break