Abstraction is the use of classes to simplify coding complex things by building a container to hold all the complex things in that can be used very simply. A benefit of abstraction is adding detail and robustness without adding excessive detail. An application of this is holding multiple data types within one variable. An example of this is the journal program we wrote, where main detail of one of the classes was that it contained a list of the other class, which is what it was mostly used for. However, it also contained the name of the journal. This simplified the code considerably, as it kept track of each entry behind the scenes, and so when you wanted to print all the entries it was very easy to.

Code example:  
  
public class Journal

{

public string Name { get; set; }

public List<Entry> Entries { get; set; }

public Journal()

{

Entries = new List<Entry>();

}

}