Table

A table is one of Schema Objects, and it is a basic data structure that constitutes a relational database. It has a structure of rows and columns and uses this table to input, modify, delete, and extract data.

View

A view is a virtual table created from an actual table defined by CREATE TABLE. The view is just a virtual table, so there is no data inside. A view can be thought of as defining how the actual table will look.

When to use view

-Simplifying complex queries (like IF ELSE and JOIN or working with triggers and such)

-Putting extra layer of security and limit or restrict data access (since views are merely virtual tables, can be set to be read-only to specific set of DB users and restrict INSERT )

-Backward compatibility and query reusability

-Working with computed columns. Computed columns should NOT be on DB tables, because the DB schema would be a bad design.

-Views are used for security purposes because they provide encapsulation of the name of the table. Data is in the virtual table, not stored permanently. Views display only selected data.