Data encupsulation

It is when user keep all releated things together and controls how data is accessed, by bundling variables and functions together in one class

For instance there are class 'User;
it has data (name, email)
and methods (login and logout

Data abstraction

When user only saw what he needs and hide all another data
it is helpful to reduce complexity

you call only function pay() you don't need to know which variable they need or how it does.

Data hiding

It is restricting access to sensitive data to keep data implementation
to not give user accidental or invalid modification

it can be used with modifier like 'private or public' you can use password to 'private'