In JavaScript, only objects and arrays are mutable, not primitive values. A mutable object is an object whose state can be modified after it is created. Immutables are the **objects whose state cannot be changed once the object is created**.

Objects are mutable because you can modify their properties and add new ones. Strings, numbers for instance are immutable

You can create an immutable object with Object.freeze()

https://www.freecodecamp.org/news/javascript-immutability-frozen-objects-with-examples/