Apple uses a walled garden for their apps. What does it mean and why does apple implement this?

Being that Apple focuses on a user-friendly, quality, and seamless user experience in its products and services, a walled garden model for software distribution aligns more with their goals. Since quality software and consistent user experience within their ecosystem is their priority, it requires more vetting, testing, and quality control measures for software applications before they get published to the distribution platform, App Store. By implementing this model, Apple can provide a more seamless and integrated app experience for users and allow them to intuitively use the same apps and services across Apple devices. Because of this more restrictive model, macOS and iOS apps are overall much more stable and secure than apps in Windows, Android, or even Linux, which uses a similar base (Unix) for its OS, since software goes through more stringent testing and optimization on their target hardware.