String vs StringBuffer vs StringBuilder

String:
We have already learned String is immutable and they are stored in the Constant String Pool.
Every immutable object in Java is Thread Safe.

StringBuffer:
StringBuffer is mutable -> It can be change after it is defined.
Its object is stored in heap.
It is also Thread Safe.
Performance is slow because of thread safety.

StringBuilder:
StringBuilder is same as StringBuffer -> Value can be changed and object is stored in heap.
The only difference is that, it is not Thread Safe.
It is better in terms of performance because it is not thread safe and there are no checks done to verify thread safety.

Thread Safe -> Two threads cannot simultaneously access the same method.