**Software Quality Assurance (SQA)** is simply a way to assure quality in the software. It is the set of activities which ensure processes, procedures as well as standards suitable for the project and implemented correctly.

Software Quality Assurance is a process which works parallel to development of a software. It focuses on improving the process of development of software so that problems can be prevented before they become a major issue. Software Quality Assurance is a kind of an Umbrella activity that is applied throughout the software process.

Rather than checking for quality after completion, SQA processes test for quality in each phase of development, until the software is complete.

**Benefits of Software Quality Assurance (SQA):**

1. SQA produce high quality software.
2. High quality application saves time and cost.
3. SQA is beneficial for better reliability.
4. SQA is beneficial in the condition of no maintenance for long time.
5. High quality commercial software increase market share of company.
6. Improving the process of creating software.
7. Improves the quality of the software.

**Disadvantage of SQA:**  
There are a number of disadvantages of quality assurance. Some of them include adding more resources, employing more workers to help maintain quality and so much more.

**White box testing** is also known as glass box testing or clear box testing or structural testing.

**What is Exploratory Testing?**

**EXPLORATORY TESTING** is a type of software testing where Test cases are not created in advance but testers check system on the fly. They may note down ideas about what to test before test execution. The focus of exploratory testing is more on testing as a "thinking" activity.

Exploratory Testing is widely used in Agile models and is all about discovery, investigation, and learning. It emphasizes personal freedom and responsibility of the individual tester.

Under scripted testing, you design test cases first and later proceed with test execution. On the contrary, exploratory testing is a simultaneous process of test design and test execution all done at the same time.

Monkey testing is a technique used in software [**testing**](http://tryqa.com/what-is-a-software-testing/) to test the application or product by providing random data and observing if the system or application crashes or gives an error. **Monkey testing is also called as Fuzz Testing sometimes**.

* In Monkey Testing, random data is entered into the application to check the behaviour of the application and see if it gives an error
* In Monkey testing the tester or sometimes developer also is considered like a monkey assuming that if a monkey uses the computer then he will enter some random data without any knowledge or understanding