JSON.parse() parse the string into a JavaScript object

var text = '{ "name":"John", "birth":"1986-12-14", "city":"New York"}';  
var obj = JSON.parse(text);  
obj.birth = new Date(obj.birth);  
  
document.getElementById("demo").innerHTML = obj.name + ", " + obj.birth;

JSON.stringify() parse JavaScript object into string

var obj = { name: "John", age: 30, city: "New York" };  
var myJSON = JSON.stringify(obj);  
document.getElementById("demo").innerHTML = myJSON;