The reliability and readability of using enumeration types are better than integer variables. When using enumeration types, you can call the values using its defined named. In my code example you can see that I have the days of the week. Now, I can just call that day instead of creating a variable which can be subject to accidentally being changed. With enumeration types, it will be defined for you to use without having to initialize them again, and the values will be constant for you; therefore, increasing the reliability. Now, because you are using the actual enumeration name such as MONDAY, the readability is also better. There aren’t awkward or unreadable variable names being initialized all over the code.