**Object-Oriented Programming (OOP)** is a fundamental programming paradigm that structures software using classes and objects. It allows you to create reusable code blueprints (classes) and instantiate individual instances (objects) based on those blueprints. [OOP languages include JavaScript, C++, Java, and Python1](https://www.gartner.com/en/information-technology/glossary/oop-object-oriented-programming)[2](https://bing.com/search?q=what+is+oop+in+tech+in+one+sentence).

Here are **five free online resources** where you can learn more about OOP:

1. **Object-Oriented Programming (OOPs) for JAVA Interviews**: This Udemy course covers essential OOP concepts in Java, including inheritance, polymorphism, and abstraction.
2. **Master Object-Oriented Design in Java**: Dive deeper into OOP design principles using Java.
3. **Learn OOP PHP By Building a Complete Website**: Explore OOP in PHP by building a practical website.
4. **Absolute Introduction to Object-Oriented Programming in Java**: A beginner-friendly course on OOP in Java.
5. **Free Course Trial – Object-Oriented Programming in Java Specialization**: Coursera offers a specialization that covers OOP concepts in Java.

Feel free to explore these resources and enhance your understanding of OOP! 🚀