**Encapsulation** in object-oriented programming (OOP) refers to bundling data and methods that operate on that data within a single unit, such as a class. [It allows you to hide an object’s internal representation or state from the outside, promoting information hiding and controlled access to the object’s internal state1](https://stackify.com/oop-concept-for-beginners-what-is-encapsulation/)[2](https://www.sumologic.com/glossary/encapsulation/)[3](https://www.techtarget.com/searchnetworking/definition/encapsulation)[4](https://www.enjoyalgorithms.com/blog/encapsulation-in-oops/)[5](https://www.geeksforgeeks.org/encapsulation-in-java/).

Here are **five free resources** where you can learn more about encapsulation and OOP concepts:

1. [**Object-Oriented Programming (OOPs) for JAVA Interviews**](https://www.udemy.com/course/java-oop-basics/): This Udemy course introduces essential OOP concepts in Java, including classes, objects, inheritance, polymorphism, abstraction, and encapsulation.
2. [**Learn Object Oriented Programming (OOP) in C++**](https://www.freecodecamp.org/news/learn-object-oriented-programming-oop-in-c-full-video-course/): A full video course on freeCodeCamp’s YouTube channel that covers OOP basics using C++.
3. [**OOP in Python**](https://www.udemy.com/course/oop-in-python-mpb/): A free Udemy course that teaches OOP concepts in Python.
4. [**Java OOP Basics**](https://www.udemy.com/course/java-oop-basics/): A free Udemy tutorial covering the basics of OOP in Java.
5. [**Object-Oriented Programming Crash Course**](https://www.freecodecamp.org/news/object-oriented-programming-crash-course/): A concise crash course on freeCodeCamp that explains OOP basics in just 30 minutes.

Feel free to explore these resources to enhance your understanding of encapsulation and object-oriented programming! 🚀