1、对象转换为JS0N字符串

String jsonStr = JSON. toJSONString(staff);

System.out.println(jsonStr);

```
String per1 = JSON. toJSONString(new Per("LJR", 20, 202020));

2、将JSON字符串解析成对象

Per per = JSON. parseObject(ljr, Per. class);

/**

* json字符串转化为对象

*/

String jsonString = "{name:'Antony',age:'12',sex:'male',telephone:'88888'}";

Staff staff = JSON. parseObject(jsonString, Staff.class);

System.out.println(staff.toString());

/**

* 对象转化为json字符串

*/
```