



## What is Optional?

`Optional` (introduced in Java 8) is a **container object** that may or may not contain a non-null value. It is designed to represent the **absence of a value** explicitly without using `null`.<sup>[1] [2]</sup>

Think of it as a **box**:

- The box can either contain a value (e.g., a `User` object).
- Or the box can be empty (`Optional.empty()`).

## What does it do?

1. **Eliminates Null Checks:** It replaces messy `if (obj != null)` checks with fluent functional methods like `.ifPresent()`, `.orElse()`, or `.map()`.<sup>[2] [3]</sup>
2. **Explicit API Contract:** When a method returns `Optional<User>` instead of `User`, it forces the caller to handle the "not found" scenario. The developer **knows** looking at the signature: "Oh, this method might return nothing, I must handle it."<sup>[4]</sup>

## How it helps avoid NPE (NullPointerException)

It doesn't magically remove NPEs, but it **forces you to think about the empty case** at compile time so you don't accidentally access a null reference.<sup>[3]</sup>

### Bad Code (NPE Risk):

```
User user = userRepository.findUser("john");
// If user is null, this throws NPE!
String name = user.getName().toUpperCase();
```

### Good Code (With Optional):

```
Optional<User> userOpt = userRepository.findUser("john");

// Approach 1: Provide default
User user = userOpt.orElse(new User("Guest"));

// Approach 2: Throw explicit exception
User user = userOpt.orElseThrow(() -> new UserNotFoundException("User not found"));

// Approach 3: Transform safely (Monadic style)
String name = userOpt.map(User::getName)
```

```
.map(String::toUpperCase)
.orElse("UNKNOWN");
```

## Interview Best Practice Hint

"I use `Optional` primarily as a **return type** for methods that might not have a result (like `findById`). I avoid using it for field types or method parameters because `Optional` is not serializable and adds unnecessary overhead." [5] [4]

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