An array is a data structure in JavaScript that can store multiple values in a single variable. Arrays are used to store multiple values in a single variable and can hold any type of values such as numbers, strings, objects, and even other arrays. They are used on web pages when there's a need to store and manipulate lists of items or sets of values.

JavaScript only has one type of array, but arrays can hold different types of values. The arrays in JavaScript are actually objects where indices are property keys that can be integers. This differs from arrays in some other languages which are often a contiguous allocation of memory with a fixed-size.

Here are some examples of when you might want to use arrays:

* + Storing a list of items in an online shopping cart.
  + Storing data that needs to be displayed in a table or list format.
  + Storing the responses from a multiple-choice questionnaire.

In programming, a method is a function associated with an object, or a procedure or a function associated with a class. The method is an important concept in object-oriented programming. When a method is called, it performs a specific task, often by manipulating the data associated with the object it belongs to.

Here's a list of some of the JavaScript array methods:

* + push(): Adds new items to the end of an array and returns the new length.
  + pop(): Removes the last element from an array and returns that element.
  + shift(): Removes the first element from an array and returns that removed element.
  + unshift(): Adds one or more elements to the beginning of an array and returns the new length.
  + splice(): Changes the contents of an array by removing or replacing existing elements and/or adding new elements.
  + slice(): Returns a shallow copy of a portion of an array into a new array object.
  + concat(): Used to merge two or more arrays.
  + join(): Joins all elements of an array into a string.
  + sort(): Sorts the elements of an array in place and returns the array.
  + reverse(): Reverses the order of the elements in an array.
  + indexOf(): Returns the first index at which a given element can be found in the array, or -1 if it is not present.
  + lastIndexOf(): Returns the last (greatest) index of an element within the array equal to the specified value, or -1 if none is found.
  + find(): Returns the value of the first element in the array that satisfies the provided testing function.
  + filter(): Creates a new array with all elements that pass the test implemented by the provided function.
  + map(): Creates a new array with the results of calling a provided function on every element in the array.
  + reduce(): Applies a function against an accumulator and each element in the array (from left to right) to reduce it to a single value.
  + every(): Tests whether all elements in the array pass the test implemented by the provided function.
  + some(): Tests whether at least one element in the array passes the test implemented by the provided function.
  + includes(): Determines whether an array includes a certain value among its entries.
  + forEach(): Executes a provided function once for each array element.