OOP stands for **Object-Oriented Programming**.

Procedural programming is about writing procedures or methods that perform operations on the data, while object-oriented programming is about creating objects that contain both data and methods.

Object-oriented programming has several advantages over procedural programming:

* OOP is faster and easier to execute
* OOP provides a clear structure for the programs
* OOP helps to keep the Java code DRY "Don't Repeat Yourself", and makes the code easier to maintain, modify and debug
* OOP makes it possible to create full reusable applications with less code and shorter development time