let [fruit,setFruit]=useState('apple')

React keeps track of this value and ensures that when fruit changes, the UI is updated accordingly.

You can change it only using its setter method

Suitable Best for dynamic, UI-related data that needs to trigger re-renders

let fruit='Apple'

This is a regular JavaScript variable, not tied to React’s state management.

It is just a normal JavaScript variable. It doesn't trigger re-renders or updates the UI when it changes.

You can change it using normal assignment

Suitable Best for temporary, non-UI data or data that doesn’t affect UI directly

  const [count, setCount] = useState(99);

  useEffect(() => {

    // Side effect: Setting a timer

    const timer = setInterval(() => {

      setCount(pv=>pv+1);

    },[])