Coupling:

The degree of dependency between the components is called coupling

If dependency is more, then it is considered as tightly coupling and if dependency is less then it is considered as loosely coupling

Example:

Class A {

Static int I = B.j;

}

Class B {

Static int j = C.k

}

Class C {

Static int k = D.m1();

}

Class D {

Public static int m1() {

Return 10;

}

}

Above components are said to be tightly coupled with each other, because dependency between components is more.

Tightly coupling is not a good programming practice because it has several serious disadvantages.

Without affecting remaining components, we cannot modify any component and hence enhancement will become difficult.

It suppresses reusability.

It reduces maintainability of the application.

Hence, we have to maintain dependency between components as less as possible that is loosely coupling is a good programming practice

Cohesion:

For Every Component A clear well defined functionality is defined then that component is said to be follow high cohesion.(25 Minutes)