 Let’s start out by discussing first what the difference between a service and a process is. In Linux a service is just another name for a daemon, which is a client / server application that runs in the background. A service is continuously listening for incoming requests and sends a response based on the request given. A process is simply an application or a script which can be running in the foreground or the background.

Process = daemon (an application or a script which can be running in the background) + an application or a script which can be running in the foreground

Process = foreground process + daemon (service/background process)

Daemon = service