There are two methods to create the website service. One is Simple Object Access Protocol (SOAP) and and another one is Representational State Transfer (REST). SOAP is basically protocol that relies on XML for communication and can operate over various protocols such as HTTP, SMTP or TCP. It provides strict standards and built in support for security, transactions and message reliability making it well suited for complex, enterprise level applications.

REST uses HTTP methods such as GET, POST, PUT and DELETE to perform operations on website or application. It is commonly used with data formats like JSON making it ideal for web and mobile applications. Rest is what the backend developer uses to pass the data to front end developer who focus is mainly client side server to share the dynamic data.

Advantage of using SOAP include strong security features, standardized messaging and support for ACID compliant transactions. However, SOAP is often slower and more complex due to XML overhead and strict standards and its not popular as REST.

REST advantages are faster performance, easier installation, and more scalable support. Also most corporation uses REST Service to make the backend service and to display the dynamic data. Its disadvantages are inadequate help for complex activities, lack of formal security standards, and minimal support for stateful operations, which could interfere with user session and transaction control.

While SOAP is best for secure and highly structured enterprise services, while REST is preferred for lightweight, scalable web applications and its being used widely in the Tech Industry.

https://www.w3schools.com/xml/xml_soap.asp

https://restfulapi.net/