Status Fulfillment through Social Networks: Impact of Hierarchies on Social Differentiation and Well-being

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Abstract. This study examines the multifaceted impacts of hierarchical systems and social networking on social differentiation, network formation, and individual well-being. Employing a comprehensive literature review and meta-analysis, it explores the dynamics of power and status within organizations, the influence of social resources on socioeconomic status, and the role of social networking sites in shaping social capital and psychological health. The research investigates how hierarchical structures within organizations and informal social settings contribute to social differentiation, examining the effects of power, status, and social resources on individual and group dynamics. Additionally, it assesses the impact of social networking sites on social well-being, career development, and psychological health, considering both the positive and negative consequences of online social interactions. The study reveals that while hierarchical systems and social networking can foster social capital, professional growth, and enhanced well-being, they also pose risks of social inequality, psychological distress, and exacerbated mental health issues. The findings underscore the complexity of social relations in the digital age, offering insights for developing more inclusive social structures and healthier digital interaction spaces. This research contributes to a deeper understanding of the interplay between social hierarchies, networking, and well-being, providing valuable implications for organizational leaders, policymakers, and individuals navigating social differentiation and digital socialization.

Keywords. Hierarchical Systems, Social Networking Sites, Social Capital, Power and Status, Organizational Structure, Digital Socialisation, Psychological Health, Social Differentiation, Socioeconomic Status, Well-being

Introduction
Social Differentiation through Hierarchical Systems

Social relations in organizations are shaped by hierarchies that are influenced by a number of practices in the organization and the culture. Various psychological and sociological factors play a role in creating differentiation among organizational hierarchies. Power and status are considered to be the differentiating factors of the hierarchical system of the organization. Power can be associated with control at different levels of the hierarchy, while status tells how much an individual is valued in the organization and how the individual is perceived to be at any specific level of the hierarchy. Unequal distribution of resources and different positions at the hierarchy levels shape the system. Hierarchies exist in various forms and play their role in forming social relations. This system can be minimized by taking specific measures to reduce
differentiation, but such a system will inevitably exist. A study on the hierarchal system in the management field showed that it has almost faded and is not given much importance; however, rigid organizational structures play a significant role in shaping the organization's functions and practices [1], [2].

Hierarchical differentiation among different groups plays a significant role in shaping social relations. The hierarchal system aims to ensure smooth coordination among the organization's members and motivate the employees to work harder to achieve a better status in the hierarchy. The formation of hierarchies can be observed at an individual group level, organization level, and societal level, where individuals are categorized in a particular order and are assigned different positions, which shows that there is differentiation created in them through higher and lower levels of position. Another essential factor that shapes the hierarchal system is the dimensions upon which the individuals are considered eligible to be placed at a certain level. Hierarchal systems in different settings and contexts can be differentiated depending on the dimensions that form them. Hierarchical systems can be either formal or informal. The formal systems can be observed in organizational settings, while the informal hierarchies develop unconsciously while working or interacting within groups. Formal hierarchies tend to be more centralized and rigid, and since they play an essential role in shaping the organizational structure and its overall functioning, introducing any change in the hierarchal system can incur costs for the organization. On the other hand, informal hierarchies develop among groups when social interactions occur among them, and non-verbal behavior develops the hierarchy. If we consider the dimension of social resources, the individual with more resources (such as knowledge) tends to dominate the group, which happens subtly. The concept of formal and informal hierarchies shows that individuals are a part of hierarchies while working in an organizational environment and even in their informal social interactions. The order and coordination achieved through hierarchal systems make it appealing if we view it from a psychological point of view. In order to prosper and sustain in the highly competitive world, hierarchal systems make significant contributions [3].

The two crucial dimensions essential in creating hierarchal differentiation and developing a hierarchal system are status and power. Initially, the dimensions of the hierarchal systems were based on attention and influence to define social status individually, which created unnecessary complications. These dimensions could not lead to a consistent way of defining social status and had some drawbacks, so the concept of hierarchies was clarified by considering the dimensions of social Status and Power, and results were drawn that provided a better understanding of the concept of hierarchies. The belief system that forms hierarchies is based on social dominance and the system development theories, which explain the attitudes and beliefs. The predictions upon which these theories are based are the same, while the approaches adopted by them to describe the high and low ranking are different. Although status and power seem suitable measures for defining the hierarchal system, they do not account for the external factors that can impact the system, leading to inconsistencies in defining the system [4].

Objective, Research Questions, and Methodology
The primary objective of this study is to systematically investigate the influences of hierarchical systems and social networking on individuals' social differentiation, network formation, and well-being. It aims to analyze the dynamics of power and status within organizations, the impact of social resources on socioeconomic status, and the role of social networking sites in shaping social capital and psychological health.
The purpose of this study is to examine the mechanisms through which hierarchical systems within organizations contribute to social differentiation, understand the significance of social resources and socioeconomic status in determining the structure and benefits of social networks, evaluate the effects of social networking sites on individuals' social well-being, career development, and psychological health.

The study aims to answer the following research:

• How do hierarchical systems within organizations influence social differentiation among individuals?
• In what ways do power and status differentiate individuals within organizational hierarchies, and what are their impacts on social relations?
• What role do social resources and socioeconomic status play in shaping an individual's social network and well-being?
• How do formal and informal hierarchical systems affect the dynamics of social interactions within and outside organizational settings?
• To what extent do personality traits influence an individual's social status within peer groups?
• What impact do social networking sites have on forming and maintaining social capital and individual well-being?
• How does participation in online social networks affect the psychological health and social well-being of individuals?
• In what ways can social networking facilitate career development and professional growth, particularly in the academic sector?
• How do socioeconomic status and social support systems influence health outcomes and psychosocial processes?
• What are the limitations and drawbacks of using social networking sites for socialization and network building?

These research questions aim to explore the complex interactions between hierarchical systems, social networking, individual characteristics, and socioeconomic factors in shaping individuals' social status, networks, and well-being.

The study employs a comprehensive review and synthesis of existing literature, coupled with data analysis from various studies highlighting the relationships between hierarchical positioning, social networking, and well-being outcomes. Specific methodologies from the reviewed studies include stratified sampling, multistage probability sampling techniques, and meta-analysis, providing a robust foundation for our investigation.

a. **Significance of the Study**

The significance of this study lies in its comprehensive approach to understanding the multifaceted effects of hierarchical systems and social networking on individual and group dynamics within modern society. By exploring the interplay between organizational structures, social capital, and digital socialization, this research contributes to a deeper understanding of how social differentiation is constructed and maintained. The findings of this study are expected to offer valuable insights for organizational leaders, policymakers, and individuals to foster more inclusive and supportive social environments both in the workplace and broader social contexts. Additionally, it highlights the importance of mindful engagement with social networking sites to enhance social well-being and professional growth while cautioning against
potential drawbacks. This study's implications extend to the development of interventions and policies aimed at reducing social inequalities and promoting healthier, more connected communities.

Results

Drawbacks of the Hierarchal Systems

Some of the inconsistencies in the system were highlighted by a study [5] that considered the local and global status relatively. The study found that if we consider employment opportunities for an individual, then status can be chosen by itself if options are available. For example, a local job opportunity might offer a higher status, while a global job opportunity may offer low status but high chances of growth. So, in such scenarios, the individual can trade-off among the options and attain the status of their choice. Considering the external factors, inconsistencies arise in the social hierarchy systems, so the question arises whether social status is assigned to individuals or whether they have a choice in attaining the status of their choice. Within organizations, it can be observed that status and power are provided to individuals at their level in the hierarchy, while the holistic picture shows that there are points where individuals have the option to choose the status they want. Therefore, social hierarchies can be viewed from several aspects and provide different frameworks for determining an individual's social status.

Impact of Social Resources on Socioeconomic Status

Considering networks as social resources and their relation with socioeconomic status, it was found that there is a positive relationship between the two. The argument on social networks was built that considers the networks to be a means for streamlining the information flow, enabling linkages with influential people, and unlocking various opportunities through connections. The range and composition of the networks are critical factors that play a significant role in defining social networks as social resources. The information about an individual or group and the access to it is described in terms of range, while composition describes the locality where the individuals or group resides. Using the factors of range and composition, a study was conducted to find the relationship between social resources and social relations. The study results showed that an individual's socioeconomic status was positively related to composition and range characteristics. Income and education were used as socioeconomic status determinants and correlated with network complexity, diversity, and size. A positive relation was found between these variables. The conclusion that can be drawn from this is that social resources can be determined by measuring network strength through variables associated with range and composition [6].

b. Meta-analysis for Defining Social Status

In developmental psychology, the process of human development is described as how an individual makes efforts to attain stability and independence in life, along with maintaining good social relations with people. The fulfillment of goals and attaining high socioeconomic status determine an individual's success [7]. The results revealed by a number of studies show that social status and social networks have a positive relationship with social well-being. However, there has been a slight inconsistency in different works due to the differences in methodologies and consideration of the variables chosen for particular samples. The level of education, occupational status, and income can define an individual's socioeconomic status. These elements are also related to the social well-being of individuals, which leads to the result
that the higher an individual's socioeconomic status, the higher the social well-being. This conclusion was drawn after empirical and theoretical analysis that the individuals with more accomplishments, better living conditions, and exemplary job appraisals scored high on social well-being.

Considering the factor of social well-being and its relation with social networks, it was found that in some places, the networks played a supportive role, while in others, they created stress in the individual's life. Much debate about the quality and the quantity of social relations can be found in the literature. Some interesting findings show that the factor of quality interaction is more valuable for older people than the quantity of actors in the network. In contrast, other studies observed opposite results where the quantity of individuals in the social network mattered more. A deeper analysis of the impact of social networks on the social well-being of the individual showed that networks having quality relationships with positive individuals resulted in higher social well-being. Meanwhile, relationships with low-quality networks or negative people adversely affect an individual's social well-being. Thus, these results showed that the quality of social relations within the social network could impact individual social well-being [8].

The further debate was validated by testing it using the meta-analysis procedure [9], which provided a framework to integrate the statistical findings. The five-step process that was followed for the validation of hypotheses includes:

1. Transformation of correlations using Fischer's r-to-z transformation
2. The calculation of mean weighted by sample size followed by conversion of mean effect sizes into an actual metric of product-moment relations
3. Calculation of significance of the mean effect size and normal z distribution computation by taking the sum of weighted z values and dividing it by the square root of sample size.
4. Conducting the chi-square analysis to check homogeneity and heterogeneity
5. Analysis of the hypotheses and the conclusion of results.

The findings presented by the meta-analysis showed that higher social well-being was found in the sample of older people with a good economic status, strong social network, and competence. When gender was considered in terms of social well-being, it was found that men with high socioeconomic status had more social well-being than women, while women had more social well-being than men when they had an excellent social network. Concerning the age of individuals, young people consider socioeconomic status an essential factor for their social well-being. However, this study found that variability in the sample or changes in the measures impacted the overall conclusions. So, the results hold in the case of specific samples as mentioned and on testing the particular variables.

c. Social Status in Relation to Personality Traits

Achieving a respectable status in society is considered one of the essential aims in one's life, resulting from the social networks developed through an individual's social life. The social status of an individual can be determined by the respect that an individual gains in the social group or through the influence that an individual has, which gains the attention of a person. Research has found that the individual's emotions, social well-being, and social cognition are influenced by their social status.
Essential to consider about status is that, in many cases, the individual does not measure it; it is dedicated to the person by the group or social network that the individual has through their judgment and analysis of the person's position. So, to understand how people perceive someone to have high or low status, we need to understand how people consider certain factors and, on their basis, assign status to someone. Some studies found that status differentiation among individuals was created due to their attractiveness and personality traits [10].

d. Socializing through Social Networking Environment

Social media is essential in shaping an individual's social network and socializing. Social networking sites like Facebook have played an essential role in building social networks. Reasons for joining social networks from the beginning of social networks are often named as developing a social network, attaining a good social status, and getting information through online interactions [10], [11].

Among other Facebook features, the Facebook group feature plays a vital role in defining social interactions and social networks. This group feature provides access to several people and allows the sharing of information to be very convenient, and it seems to be an essential source of social networking. The Facebook groups provide access to several people and enable information access, which might not be possible otherwise, which increases the engagement and social involvement of people in the groups. Social networking sites are significant in building social contacts, fulfilling social needs, and creating community bonding. A close association was found between joining groups and the satisfaction of social as well as personal needs. It was found that community engagement strengthened by connecting well with each other. One of the factors that are important to understand is the thing that drives the need for having a social connection through social networking sites. The social interests of people, as well as their satisfaction, were found to be essential factors in making them use social networking sites. The study revealed that students with more satisfaction in life and social trust participated more in social groups [12].

e. Social Capital through Online Social Network Sites

Facebook is considered one of the most popular social networking sites, and it helps to form and maintain social capital. Social networking sites help maintain social networks and allow interaction with new people and form linkages with them. Facebook profiles allow individuals to represent themselves so their friends can view and know about them. It is one of the most frequently used social networking sites; therefore, it is of significant interest to the researchers as it enables them to have a better track of the individual's trends and the way the individual interacts with others, which is a very effective way to determine the social networking of an individual. An important factor that has been highlighted is whether or not the social relations built online prove to be also an offline social network. When this was tested on a sample of college students, it was found that a significant amount of their social capital resulted from their social network [13].

Social capital can be explained in terms of the social resources an individual develops with time, which can be attained through the social networks that develop through different channels. An individual's relationship within the social networks defines the level of social capital an individual possesses. Several positive impacts of social capital showed that excellent social relations resulted in individuals' well-being and better health, improved financial markets function, and lowered crime rates due to strengthened relations. Lack of social capital among
individuals is one of the reasons for creating social disorder and disturbance in the communities, leading to decreased participation due to the lack of interest among the individuals. More commitment can be ensured within the community, as well as the participation of individuals in making collective efforts for the betterment of the community if the social capital is increased. Generally, social capital has been proven to have more positive than adverse effects. It builds strong communication and trust among individuals, which can result in exchanging capital-like information and opportunities with each other.

Through various studies on social capital, researchers have found that psychological well-being is closely related to social capital. Individuals with good social capital seem to have more self-esteem and contentment towards life. Along with emotional support and the sharing of helpful information, it has been found that social capital can also result in building a change of perspective among individuals through social interactions on various platforms. However, the strength and value of social relations matter most in maximizing social capital's benefit. Maintaining social capital by using readily available platforms and enabling access to others within the social circle is also essential. One of the crucial resources that can be useful in maintaining social relations is the Internet. However, there are some points where it can have negative results if not managed properly. It has been found that it reduces face-to-face interactions, which can weaken social ties. There has been some criticism from this perspective as well; according to it, online interaction plays a vital role in supplementing in-person interactions. Social ties are believed to be maintained more easily and cheaply through the use of social networking sites rather than in-person interactions. The use of internet technologies has enabled individuals to maintain their social interactions and allows them to form new networks while maintaining the previous ones. Abandoning the previous social ties to form new ones can result in a loss of social capital. Therefore, social networking sites like Facebook can be essential for maintaining previous relations, strengthening existing ones, and forming new social networks [14], [15].

i. Social Well-being through Social Networks

Direct communication through Facebook with friends is an essential determinant of increasing an individual's self-esteem and reducing loneliness among individuals due to better connections. Distant relationships can be conveniently maintained through social networks. On the one hand, interactions on Facebook are a vital source of reducing loneliness. On the other hand, it has also been found that the reverse effect on social interactions on social networking sites can be depression among individuals if the relationships are not healthy. Depression can also be observed among individuals due to low-quality content and if they are not connecting well with friends. Researchers also define these hurdles as noise that acts as a barrier between individuals to interact with each other [16].

ii. Impact of Online Social Networking

Networking on social sites is increasingly used to maintain virtual connections that individuals form to maintain their personal and professional connections. Depression was found to be present in individuals who are deeply indulged in socialization through online platforms. Also, it was found that usage over a more extended time can dissociate them from the occupational environment. The quality of the social networks proved to be an essential determinant of whether the individual would face depression or not. Quality social relationships resulted in less depression among individuals as compared to those who had poor quality social relations. Along with the quality of relationships or interactions, the frequency or the time spent
on Facebook also determined the level of depression among the individuals. Social comparisons resulting from efficient social connections also resulted in depression among individuals, which was found to have various detrimental effects on the well-being of the individuals [17].

Social networking results can not only be categorized as negative because, at some points, they have a positive impact, so generalizing it would not be correct. In some cases, social networking has also been found to manage depression, so risk factors should be navigated to get more benefits from online social networks. There has been some variability in the results due to the diversity of online social platforms available to the users. These diverse social media platforms make it complex to analyze their role in positively or negatively impacting users' lives. In the case of some social media platforms, it has been found that they positively influence the social network and individual needs of the users, while for others, it has been found that their use has a negative impact on the individual's well-being. Various studies have been conducted using different variables, such as the type of social network platform used, the quality of relationships among the individuals, and the time each user spends on social networking sites. Due to varying factors, it has been found that the correlation was positive under some circumstances while it was negative in others. Considering social platforms as the means of strengthening social networks, it has been proven through empirical and theoretical analysis that they play a strengthening role in attaining social capital; however, their influence on the individual can be either positive or negative [18].

**Networking Leading to Career Development**

Career development in academia was studied concerning social networking and the relation between career mobility and the role of social networking. Social networking is essential if an individual aims to succeed in a career. However, the quality of social relations is essential; otherwise, the consequences can be reversed. The valuable contacts and building and maintaining connections with people shape a quality social network. A quality network can also provide professional development and power within an organization. While working in academia, it is essential to keep up with the literature, which requires much effort and is a challenging task, so to keep up with these things and stay updated, social networking plays an important role. Connecting with scholars worldwide can be a vital source of their career development and social capital [19], [20].

The improved communication among academic institutions due to globalization has improved access to information, becoming an essential source for forming broad social networks. Academic growth and success are possible through active global and local social networks. The three-fold dimensions of the operations in academia, which include research, teaching, and offering services, make it a challenging job. Therefore, individuals working in academia, along with improved communication globally and locally, must also focus on developing quality social networks.

The theories that describe career development and its relation to social networking include the human capital and social capital theories. These theories aim to describe the factors and ways an individual can succeed in a career. To get positive response and power in an organization through efficiency and effectiveness, it is essential to invest in human capital. Social capital is an excellent way to attain a quality social network through which individuals can have individual and shared benefits due to improved communication and coordination. Social networks and efforts are essential elements to succeed in the organizational hierarchy. Individuals working in academia need to make sure that they stay updated with innovations and developments by exploring research works so that they can upgrade their course content.
accordingly. Updated content for the course material is an important source to keep the students engaged so they can relate well to the course content [21], [22].

Researcher Ethier presented the idea of a network in terms of a map with different units interconnected either in one direction or bi-directional to form interconnections between the units [23]. This kind of representation can be a way to analyze an individual's social capital and determine what the possessions of an individual are when placed in different network positions. A good social network can be an excellent way to attain resources from the individuals residing in the social network. Professional networking in academia is about forming connections and interacting with scholars of the same field or related fields. It can be a very effective way to progress as it creates shared value for both parties. In academia, if an individual manages to form social connections globally, there is a high chance of collaboration, recognition, and support from professionals through mentoring. Networking in the professional world is about initiating contacts and maintaining relationships by reciprocating. The concept presented by the human and social capital theory emphasizes the same point. Therefore, it can be said that career development in academia is highly dependent on forming quality networks to attain a higher status.

f. **Psychosocial Processes Concerning Social Status**

An individual's Social status is found to have a close relationship with health, and through studies, a direct link between the two variables has been proved, which means individuals with high socioeconomic status can enjoy good health compared to those with low socioeconomic status. The extent to which it can impact health is where the gap in the study lies because there have been variations in the individuals in this respect. For short periods, socioeconomic status's impact on the individual's health is not that detrimental, while if it prolongs, then over the years, there is a chance that the impact on the health can be damaging. The impact of socioeconomic status on health does not seem very obvious, but it has indirect effects on the health of individuals [24].

An individual's social position can be described in terms of various aspects like income, occupation, health, and education, and each factor seems to impact each other interchangeably. The relationship of all these variables is more or less the same when tested on samples of different populations. The psychological needs of an individual can be studied through different dimensions like cultural, interpersonal, and institutional contexts. Self-determination theory considers relatedness, competence, and autonomy to be the factors that play an essential role in fulfilling the psychological needs of individuals. The individuals positioned at the low level of the social hierarchy might have fewer needs than those at the higher levels of the hierarchy. The needs of individuals cannot be generalized in a social setting. Health was negatively impacted in the case of the individuals at the lower levels of the hierarchy with low income [25].

g. **Framework for Social-Economic Status Determination**

The social status of individuals has been measured using different frameworks that considered different variables to explain the level of social status of an individual within a social network. For sociologists, it has always been a challenge to determine and define the social status of individuals. Many methodologies and frameworks have been devised to describe an individual's social status in a particular social setting. However, there has been no consensus on the methodologies adopted to define social status.
An index method was developed to develop a framework that considered certain variables that could define the social status of individuals. The factors included residence area, occupation, and education. The correlation between the variables is drawn by linking them with the individual's socioeconomic status. The results showed that residence area had minimal impact on an individual's socioeconomic status, while occupation and education played a significant role in determining the social status of individuals according to the study's results. So, the factor of area of residence was dropped while the framework was developed to calculate the social status of the individual. As a result of this study, the 2-factor index was developed to consider the factors of occupation and education important for defining the status of an individual within a particular social setting [26]. However, this 2-factor index system could not hold for long, and the need for revision arose when different social and cultural settings were studied. The revisions resulted in the development of the 4-factor index system for determining the social status of individuals, which considered four factors of an individual's social status. This system considered social status to be a multi-dimensional concept. The assumptions upon which this system was devised include: there is an inequality in our social settings that creates differentiation among the individuals, personal relationships and the occupation of an individual resulting from the years at school play a primary role in the status determination and the combination of different factors can be a source of finding the social standing of the individual. The four factors this system considers to define the individual's social status include occupation, education, gender, and marital status. Individuals can gain an education at different levels in different stages of life, and it plays an essential role in shaping their life journey. The outcome of the education can be described in terms of the individual's occupation. The efforts that result from the years spent while getting an education result in an occupation that may be unstable during the initial years of the career while it is expected to mature and gain stability with years of struggle. The gender of the individual also defines the role of an individual in a particular social and cultural setting, so it also acts as a determinant of social status. Lastly, marital status is also essential in analyzing an individual's social status. It defines the relation between the two genders in any geographical setting. It is considered an essential factor as it describes how the individuals of a family contribute and make efforts for their survival [27].

The 4-factor index system provides further categories for each factor and studies individual's settings on a deeper level on this scale to see their respective position in society compared to the others. Scores are assigned to each of the extended factors and are then summed up to find an individual's total score, which is used to define the individual's social status within a particular social setting. The score analysis of individuals can be used to define the hierarchal positions that informally develop in society due to variations in the four factors mentioned by the system [28].

h. Social support through Social Networks

Poverty creates differentiation among the individuals living in a social setting and influences the lives of individuals negatively due to deprivation from primary and social resources. The academic performance of students who lacked the primary resources and needs was found to be low compared to that of other students. Racial and ethnic minorities face significant challenges due to the lack of social resources that they are provided with for their survival. Support within a social setting defines other people's behavior within the social network. It could be both personal and professional social networks. Support from the people within the social network plays an essential role in the individual's coping with life challenges; the support could be in the form of financial, informational, or emotional support. It can play
an essential role in tackling life problems. The sources of support in a social network include the people who are linked with the individual at a personal and professional level [29].

Students with low support in academic matters were found to show poor academic performance compared to those with more support and attention. Social support plays an essential role in good academic performance, but if it is not provided to an individual at a personal and professional level, the consequences can directly impact an individual's grades. So, the results of the study showed that social support and poverty are factors that can influence an individual's academic performance. Low socioeconomic status is faced by those who have low social support and those who face poverty. These factors can impact Students' performance, resulting in low socioeconomic status. This is one of the attention-grabbing relations for the psychologists who work for student therapy and the counselors who work hard to determine how student performance can be improved, and good academic results can be obtained [29].

i. Drawbacks of Social Networking Sites

Social networking using social networking sites proves to be a convenient way to gain social resources, as it can help an individual build a social network quickly due to better access and accessible communication. Also, it has been found through various studies that the quality of social networks developed on social networking proves to be an essential source of status attainment by an individual. However, the long-term impact of the improper use of different social networking sites can also have a negative impact on the individual's life. The addiction that an individual develops with time can result in many disadvantages that can adversely impact the individual. The relationships and behaviors of social media users can be impacted negatively if they solely rely on their online social networks.

Social networking platforms can very efficiently connect people living locally and globally through virtual communication. Online networking platforms define the individual's interests as well as activities. The profile feature contains many personal and professional information that the individual reveals. An individual's privacy can be affected if the socializing platform uses it against the individual or if any other individual gains access. Through various studies, it has been seen that it is easier to shape the interests of teenagers through social media because they are immature. In the case of adults, employers mostly require data in an online form to maintain their database. Professionals must be careful about what activities they have on their social media platforms because, to some extent, it impacts their career mobility if any inappropriate information is revealed from their side. The privacy concerns of individuals on social media threaten networking on online platforms [30].

Using social networking sites above the standard limit can be hazardous for individuals' physical and mental health. Those individuals who rely on online social networks and no face-to-face interactions suffer due to health issues, so excess use over an extended period has negative consequences. People find it easier to connect and communicate virtually, so they try to save time through online networking, ignoring the impact on their health. The productivity of the individual is reported to decline if they work for long periods on online platforms. Addiction disorder has also been reported among individuals who are highly reliant on social media for their entertainment. The excessive use of social networking platforms and information sharing over them has been proven to be an important data source for cybercriminals. Fake profiles on social networking platforms have impacted the relationships of many people. Individuals should be aware of all these adverse outcomes of the excessive use of social networking sites if they aim to attain a respectable social status through social networking [31], [32], [33]. Various social media platforms facilitate businesses in reaching out
to customers and developing their brand image through marketing strategies [34], which further creates society's reliance on social media.

**Conclusion**

Our research into hierarchical systems and social networking reveals their impact on social differentiation, individual well-being, and the dynamics of social relations both within organizational settings and in societal contexts. The research clarifies how power and status within hierarchical systems significantly contribute to social differentiation, influencing individuals' socioeconomic status, access to social resources, and overall psychological health. Furthermore, it highlights the critical role of social networking sites in shaping social capital, facilitating professional growth, and affecting psychological well-being, thereby offering insights into modern social interaction mechanisms.

The findings underscore the dual nature of hierarchical systems and social networking platforms: they can both enhance and diminish individual well-being, depending on the nature of social interactions, the quality of social ties, and the extent of social resource accessibility. While hierarchies can motivate individuals towards achievement and order, they also perpetuate social differentiation and potentially exacerbate inequalities. Similarly, while social networking sites offer unprecedented opportunities for social connection and career development, they also pose risks to psychological health and well-being when negative interactions or use becomes excessive.

This study contributes to a deeper understanding of the complex interrelations between social structures and digital socialization, providing valuable insights for policymakers, organizational leaders, and individuals. It suggests a need for more inclusive and supportive environments that recognize the multifaceted effects of hierarchies and social networking. Future research should aim to address the limitations identified in this study, exploring emerging social networking platforms and evolving organizational structures to continue refining our understanding of their impact on society. We can work towards a more inclusive, supportive, and connected society by critically examining and addressing the challenges and opportunities presented by hierarchical systems and social networking.

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