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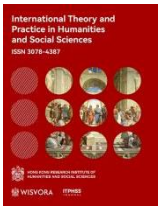

The Impact of Social Network Types and Social Media Use on Subjective Well-being Among Chinese Men: A Cluster Analysis and Hierarchical Regression Based on CFPS Data

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Abstract

China is undergoing rapid social transformation, with men facing significant pressures and challenges, particularly in terms of careers, family responsibilities, and social competition. The conflict between traditional gender roles and modern societal demands may profoundly affect men's subjective well-being. This study, based on data from the China Family Panel Studies (CFPS), constructs a research model incorporating six variables to explore the impact of different types of social networks (family-centered, neighbor-centered, and diverse networks) and social media use on men's subjective well-being. Through K-means cluster analysis and hierarchical regression, the study finds that family-centered social networks significantly positively influence men's subjective well-being, while neighbor-centered networks show no significant effect, reflecting the family-centric cultural characteristics of Chinese society. Social media use also positively affects subjective well-being, highlighting its role in expanding social connections and enhancing social support in the digital era. This research enriches the application of social support theory and digital social capital theory in non-Western contexts and provides new evidence for understanding the importance of family-centered social networks.

1.Introduction

China is experiencing rapid social transformation, with economic growth and structural changes placing unprecedented pressure on men. Studies indicate that the conflict between traditional gender role expectations and modern societal demands has led to significant psychological burdens for men in career development, family responsibilities, and social competition (Yang & Sun, 2023). For instance, intensified workplace competition, widening income inequality, and the complexities of marital and family relationships may contribute to increased mental health issues among men (Chen et al., 2022). These societal pressures and life challenges not only affect men's quality of life but may also have profound implications for their subjective well-being.

Subjective well-being (SWB), a key indicator of individual quality of life, reflects an individual's overall evaluation of their life circumstances (Diener et al., 2018). In recent years, as mental health issues have gained increasing attention in Chinese society, the factors influencing SWB have become a focal point in academic research. Existing studies suggest that economic status, health, and social relationships are closely related to SWB (Jebb et al., 2018). However, research specifically targeting Chinese men remains limited, particularly regarding the role of social networks in their SWB.

Social networks, as a critical source of social support, significantly influence individuals' mental health and well-being (Cohen & Wills, 1985). Social support theory posits that individuals obtain emotional, informational, and instrumental support through social networks, thereby alleviating stress, enhancing psychological resilience, and improving well-being (Thoits, 2011). In the Chinese cultural context, social networks encompass not only traditional relationships such as family and friends but also newer forms of relationships, including colleagues, neighbors, and online social platforms (Xu et al., 2023). For Chinese men, the type and nature of social networks may differentially impact their SWB. Traditional offline networks, such as family, friends, and colleagues, play a vital role in providing emotional and instrumental support. For example, family networks often offer stable emotional grounding, while friend and colleague networks help mitigate the psychological burdens of career pressure and social competition (Ye et al., 2015). However, with the rise of the internet, online social networks (e.g., social media) have become a new channel for men to access social support. Research shows that online networks can expand social connections and provide greater informational and emotional support, though their impact on SWB may vary based on usage patterns and individual differences (Zhang & Leung, 2015). Furthermore, the influence of social networks on men's SWB may differ significantly across socioeconomic statuses. High-income men typically possess broader and more diverse networks, enabling them to access more resources and support, thereby enhancing their SWB (Helliwell et al., 2020). In contrast, low-income men may rely more on core networks such as family and close friends, which are often limited in scale and support capacity, making it difficult to effectively alleviate their economic and social pressures.

This study, through empirical analysis, reveals the unique impact of social network types and social media use on SWB among Chinese men. It not only enriches the application of social support theory and digital social capital theory in non-Western contexts but also provides new evidence for understanding the importance of family-centered social networks in a family-centric cultural context. Building on existing research, this study utilizes CFPS data to categorize Chinese men's social networks into family-centered, neighbor-centered, and diverse networks, incorporating variables such as age, household registration, and education level to empirically analyze factors influencing Chinese men's SWB.

2.Literature Review and Research Hypotheses

2.1 Subjective Well-being and Its Determinants

Subjective well-being (SWB) is a key indicator of individual quality of life, reflecting an individual's overall evaluation of their life circumstances (Diener et al., 2018). It typically includes emotional well-being (the balance of positive and negative emotions) and cognitive well-being (life satisfaction). As global attention to mental health and quality of life increases, SWB research has become a focal point in psychology, sociology, and economics. Early studies on SWB suggest that it not only reflects an individual's mental health status but is also closely related to social functioning, career performance, and physical health (Lyubomirsky et al., 2005).

SWB is considered the most basic form of well-being (Diener, 1984), with a long developmental history and a mature empirical theoretical framework. Its conceptualization and structure are widely agreed upon in academia. Additionally, SWB emphasizes both the subjective meaning of happiness and the objective content of material well-being, focusing on self-evaluation and interactions with social relationships. It is typically assessed through self-reported questionnaires, making it easy to evaluate (Diener & Ryan, 2009). Therefore, understanding the determinants of SWB is crucial for improving individual quality of life and societal welfare.

Social relationships are a core factor influencing SWB, with complex and multidimensional mechanisms. Social networks enhance SWB by providing emotional, informational, and instrumental support (Cohen & Wills, 1985). Emotional support alleviates emotional distress and stress, enhancing psychological resilience; informational support helps individuals better cope with life challenges; and instrumental support provides practical assistance, reducing daily burdens. These supports collectively improve overall well-being. Moreover, the impact of social relationships extends beyond direct well-being enhancement, indirectly promoting SWB through stress reduction, psychological resilience, and health behavior promotion. For example, strong social support significantly reduces psychological stress and enhances coping abilities (Uchino, 2006). Additionally, robust social networks encourage positive health behaviors, such as regular exercise and healthy diets, which in turn improve SWB (Umberson & Montez, 2010).

In the Chinese cultural context, particularly among men, social relationships play a more pronounced role in influencing SWB. Chinese men often face high societal expectations and pressures, and strong social relationships provide emotional support, alleviating these pressures and enhancing well-being (Wong & Leung, 2008). Furthermore, men's social networks are typically more tightly knit, with interactions among friends and family support playing a crucial role in mental health and life satisfaction. This phenomenon is supported by cross-cultural research. For instance, Zhang et al. (2024) argue that social support has a more significant impact on well-being in Asian cultures than in Western cultures, partly due to the collectivist emphasis on close-knit and interdependent social relationships. Thus, the role of social relationships in enhancing SWB is influenced not only by individual factors but also by cultural context.

2.2 Social Networks and Subjective Well-being

Strong social support networks provide essential emotional comfort and practical assistance, thereby promoting overall SWB (Thoits, 2011). Thus, social networks are not only a medium for social interaction but also a critical factor in enhancing individual well-being.

Current research on social networks and SWB focuses on three main areas: First, the diversity of social network types. As society evolves, individuals' social needs and interaction patterns have significantly changed, leading to increasingly diverse social network types (Yuan et al., 2018). Studies on different groups show that different network types exert varying influences on well-being. For example, informal intimate networks often have a greater impact on well-being, while formal workplace networks have a lesser effect. Additionally, the influence of strong and weak ties on well-being is moderated by cultural context. In East Asian cultures, strong-tie networks more significantly promote well-being than weak-tie networks (Horak et al., 2019). Second, the diversity of social network functions. Social networks enhance social capital through emotional support and resource sharing, positively impacting well-being (Kim & Kim, 2017). Research indicates that support from both intimate and external networks collectively enhances well-being (Bekalu et al., 2019). Third, the evolution of social networks over time. As societal structures change, the influence of traditional and modern workplace networks on well-being is also shifting. In China, with urbanization, traditional rural networks are weakening, while

workplace and virtual networks are becoming increasingly important in influencing well-being (Ali et al., 2022). This shift reflects societal structural changes and highlights the dynamic impact of network types on well-being (Alagaraja, 2020). Overall, whether from the perspective of emotional support, resource sharing, or social interaction, social networks significantly positively influence SWB.

2.3 Social Network Types

The structural attributes of social networks significantly influence individual SWB. Social networks can be broadly categorized into formal and informal networks. Formal networks include workplace relationships, colleague interactions, and professional organizations, primarily providing career development support, information flow, and social capital accumulation (Bian et al., 2018). Informal networks consist of family members, close friends, and social circles, offering strong emotional support and psychological comfort during life challenges (Cohen & Wills, 1985). Research shows that informal networks have a more significant impact on SWB, particularly in providing emotional support, alleviating psychological stress, and fostering social identity (Cheng et al., 2009). Thus, the type and function of social networks play distinct roles in enhancing well-being, with informal networks being particularly crucial for emotional support and mental health.

Previous research often categorizes social networks into four types: diverse networks, friend-centered networks, family networks, and restricted networks (Litwin & Shiovitz-Ezra, 2011). Each type has different functions and impacts on well-being. Diverse networks involve connections across multiple domains, including family, friends, and colleagues, providing broad informational and social support, which comprehensively enhances well-being. Friend-centered networks emphasize social interactions with friends, offering emotional support and psychological comfort, thereby alleviating negative emotions and improving well-being (Becker et al., 2019). Family networks involve close family ties, fulfilling emotional needs, strengthening a sense of belonging, and maintaining mental health (Kim & Kim, 2017). Restricted networks, characterized by narrow and limited social circles, typically have minimal impact on well-being.

The influence and function of social networks vary across cultures and societal contexts. In Western countries, such as the United States and Europe, friend-centered and family networks significantly enhance well-being due to their individualistic and intimate relationship-oriented cultures. In contrast, in Eastern cultures, particularly in China, family networks remain the core source of social support, with family support having a particularly strong impact on well-being (Bian et al., 2018). With the rise of social media and online platforms, virtual networks have become a new force influencing well-being, especially among younger populations, where online networks facilitate information exchange, psychological support, and emotional connections (Yang & Feng, 2024). Thus, the diversity of social network types, functional differences, and cultural contexts determine their varying impacts on SWB.

Based on the above research, the following hypotheses are proposed:

Hypothesis 1: Different social network types have varying impacts on Chinese men's SWB.

Hypothesis 2: Chinese men with diverse social network types report higher SWB.

Hypothesis 3: The impact of social media use on SWB varies across different social network types among Chinese men.

3. Research Methods

3.1 Data Source

The data used in this study are from the China Family Panel Studies (CFPS), conducted by the Institute of Social Science Survey at Peking University. The CFPS employs a multi-level questionnaire and longitudinal tracking approach, emphasizing the heterogeneity, complexity, and temporal changes of social phenomena. The survey covers a wide range of topics, including urban-rural integration, family relationships, population mobility, event history, cognitive abilities, and child development.

This study uses CFPS data from 25 provinces, municipalities, and autonomous regions, with a target sample size of 31,000 households. The study population includes all members of each household. After gender screening, social media use filtering, and variable cleaning, the final sample consists of 2,820 male respondents.

3.2 Variable Description and Descriptive Statistics

3.2.1 Dependent Variable

This study defines SWB as an individual's satisfaction and overall evaluation of their current life, typically measured using scales or single-item questions. Single-item questions often directly ask respondents, "How happy do you feel?" with ordered response options, demonstrating good reliability and validity. Thus, this study selects a CFPS question, "How happy do you feel?" as the dependent variable, with responses ranging from 1 to 5. This question reflects men's self-evaluation of their life satisfaction. Based on the sample data, the average SWB score among men is 3.97, with over 70% of respondents scoring 4 or higher, indicating generally high SWB among Chinese men.

Table 1. Subjective Well-being Scores Among Chinese Men

Subjective Well-being Score	Frequency	Percentage (%)
1	46	1.6
2	108	3.8
3	663	23.5
4	1063	37.7
5	940	33.3
Total	**2820**	**100**

3.2.2 Independent Variables

The core independent variable in this study is the type of social network among Chinese men. Drawing on operationalization methods from prior research (Litwin & Shiovitz-Ezra, 2011), we utilized 14 questionnaire items and employed K-means cluster analysis to establish classification criteria, thereby categorizing individuals into different network types. First, we retained two foundational variables: marital status (0 = not married, 1 = married) and the number of siblings (ranging from 0 to 15). Second, in the "social support" dimension, we assessed support through the following five questions: 1. "Who do you usually chat with the most?" "If you have worries or thoughts, who do you talk to first?" "If you encounter minor daily troubles, who do you turn to first for help?" "If you fall ill and need care, who do you ask for help first?" "If you need to borrow a significant amount of money, who do you approach first?" Based on responses to these questions, we calculated the number of supports from relatives, friends, and neighbors (each ranging from 0 to 5), resulting in three new variables. In the "social interaction" dimension, we

measured interactions through five activities: "Engaging in entertainment or dining together; Exchanging food or gifts; Providing assistance; Visiting each other; Chatting." Responses were coded as 1 for "yes" and 0 for "no," generating two new variables. Finally, we determined the size of the social network using the question: "How many relatives/friends visited your home during the Spring Festival this year?" Through this operationalization, a total of nine new variables were created, providing a foundation for further analysis. The items under the "social support," "social interaction," and "social network size" dimensions are illustrated in Figure 1.

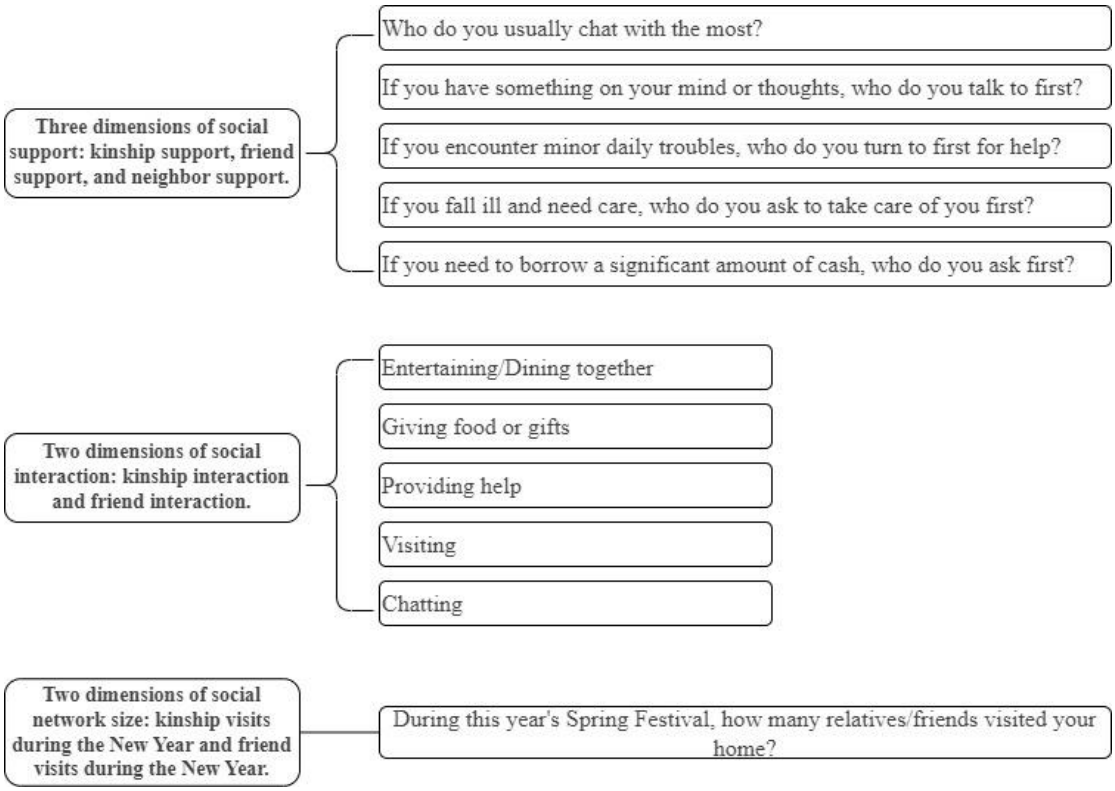

Figure 1. Key Items for K-means Cluster Analysis

We conducted cluster analysis on the aforementioned nine variables, specifying four clusters and saving the new variables so that each case could be assigned a corresponding social network type. Based on the results of the K-means cluster analysis, the final cluster centers table displays the characteristics of the four clusters (see Table 2). After analyzing the standardized variable values, Cluster 3 was excluded from the study due to its extremely small sample size (N=4), rendering it unrepresentative. Building on prior research, the remaining three social network types were labeled as "family-centered," "neighbor-centered," and "diverse network" types. Cluster 1 is characterized by above-average levels of relative support (0.63) and friend support (0.53), while neighbor support (-1.33) is significantly below average. Additionally, marital status (-1.1) and the number of siblings (-0.45) are below average, with interactions with relatives and friends close to the average level. Visits from relatives and friends during the Spring Festival are slightly below average. This suggests that individuals in this cluster primarily rely on support from relatives and friends, with minimal reliance on neighbors, thus classifying it as the "diverse network" type. Cluster 2 is characterized by significantly above-average neighbor support (5.33), while relative support (-0.21) and friend support (-0.39) are slightly below average. Marital status (0.24) and the number of siblings (0.56) are slightly above average, with interactions with relatives and friends close to the average level. Visits from relatives and friends during the Spring Festival are also

near average. This indicates that individuals in this cluster heavily rely on neighbor support, with less dependence on relatives and friends, thus classifying it as the "neighbor-centered" type. Cluster 4 is characterized by slightly above-average interactions with relatives (0.22) and visits from relatives during the Spring Festival (0.11), while neighbor support (-1.33) is significantly below average. Marital status (0.72) and the number of siblings (0.28) are above average, with relative support (-0.4) and friend support (-0.34) slightly below average. Interactions with friends and visits from friends during the Spring Festival are close to the average level. This suggests that individuals in this cluster primarily rely on support from relatives, with minimal reliance on neighbors and friends, thus classifying it as the "family-centered" type.

Table 2. Variables and Social Network Types After Cluster Analysis

Variable	Diverse Network	Neighbor-Centered	Invalid	Family-Centered
Marital Status	-1.1	0.24	0.23	**0.72**
Number of Siblings	-0.45	**0.56**	0.38	0.28
Relative Support	**0.63**	-0.21	-0.71	-0.4
Friend Support	**0.53**	-0.39	-0.66	-0.34
Neighbor Support	-1.33	**5.33**	12	-1.33
Relative Interaction	-0.32	-0.28	-0.25	**0.22**
Friend Interaction	0.02	**0.05**	1.35	-0.01
Relative Visits	-0.15	0	0.22	**0.11**
Friend Visits	-0.23	-0.01	0.85	**0.16**
Sample Size	1093	49	4	1674
Percentage of Sample	38.76%	1.74%	0.14%	59.36%

Note: Bolded values indicate the maximum value for each variable after excluding the invalid cluster. The values represent the distance from the cluster mean.

The independent variable of this study also includes social media use. While measurement methods for this variable vary, most studies operationalize it based on the frequency and duration of social media use. This study measures social media use using the CFPS questionnaire item "using the internet for social interaction," coded from 1 ("rarely use") to 5 ("frequently use").

3.2.3 Control Variables

This study considers the influence of age and education level on Chinese men's subjective well-being and includes these variables as controls. Descriptive statistics for the control variables are presented in Table 3.

Table 3. Descriptive Statistics for Control Variables (Sample Size: 2,820)

Categorical Variable		Sample Size	Percentage (%)
Education Level	Illiterate	801	28.4
	Primary School	593	21
	Middle School	779	27.6
	High School and Above	647	22.9

Numerical	Mean	Standard	Minimum	Maximum

Variable		Deviation		
Age	47.14	15.95	16	110

3.3 Research Model and Technical Approach

This study constructs a research model incorporating six variables to explore the impact of different social network types and social media use on subjective well-being. Social network types are categorized into family-centered, neighbor-centered, and diverse networks, with social media use as an independent variable and subjective well-being as the dependent variable. Data analysis was conducted using SPSS 26, employing descriptive statistics, K-means cluster analysis, T-score standardization, and hierarchical regression analysis. The specific research steps are as follows: Based on 14 items from the CFPS questionnaire, these were transformed into nine dimensions as reference criteria for cluster analysis, dividing the sample into three valid social network types.The clustered variables were dummy-coded to distinguish between different social network types. Hierarchical regression analysis was performed, with control variables (age and education level) included in the first model, independent variables (family-centered, neighbor-centered, and diverse networks) added to the second model, and social media use added to the third model, using subjective well-being as the dependent variable.

Through this technical approach, the study aims to analyze the mechanisms by which different social network types and social media use influence subjective well-being. The expected outcomes include revealing the differential impacts of social network types on subjective well-being, the role of social media use in the relationship between social networks and subjective well-being, and the independent effects of control variables such as age and education level. The findings will provide theoretical and practical insights for enhancing individual subjective well-being, particularly in the context of social network construction and social media use. The research model is illustrated in Figure 2.

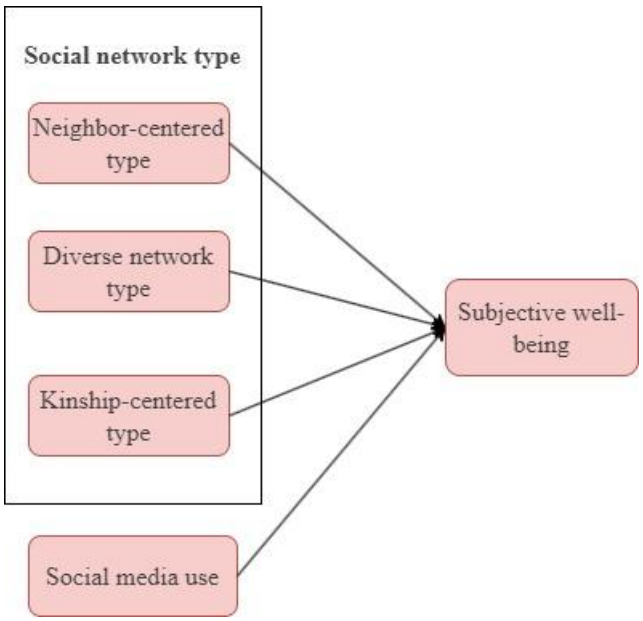

Figure 2. Research Model

4. Research Results

By sequentially adding variables to the regression model, the hierarchical regression results are presented in Table 4.

Table 4. Results of the hierarchical regression

Model	Variable	Unstandardized Coefficients (B)	Std. Error	Standardized Coefficients (Beta)	t	p	Tolerance	VIF
1	(Constant)	-0.042	0.088	-	-0.478	0.633	-	-
	Age	0.002	0.001	0.025	1.248	0.212	0.863	1.158
	Highest Education Level	-0.012	0.018	-0.014	-0.674	0.5	0.863	1.158
2	(Constant)	-0.199	0.09	-	-2.218	0.027	-	-
	Age	0.001	0.001	0.023	1.132	0.258	0.863	1.159
	Highest Education Level	-0.016	0.018	-0.019	-0.925	0.355	0.862	1.16
	Neighbor-centered Type	-0.033	0.144	-0.004	-0.231	0.817	0.974	1.027
	Friend-centered Type	-0.602	0.495	-0.023	-1.215	0.224	0.998	1.002
	Kinship-centered Type	0.298	0.038	0.146	7.748	<0.001	0.971	1.03
3	(Constant)	-0.222	0.09	-	-2.479	0.013	-	-
	Age	0.001	0.001	0.022	1.102	0.271	0.863	1.159
	Highest Education Level	-0.016	0.018	-0.018	-0.913	0.361	0.862	1.16
	Neighbor-centered Type	-0.004	0.144	-0.001	-0.028	0.978	0.972	1.029
	Friend-centered Type	-0.495	0.494	-0.019	-1.002	0.317	0.996	1.004
	Kinship-centered Type	0.338	0.039	0.166	8.63	<0.001	0.93	1.075
	Social Media Use	0.094	0.019	0.094	4.944	<0.001	0.956	1.045
Dependent Variable: Subjective Well-being (T-score)								

Model 1 included only the control variables (age and education level) to examine their impact on subjective well-being. The results show that the unstandardized coefficient for age is 0.002 (standardized coefficient = 0.025, t = 1.248, p = 0.212), indicating no significant effect of age on subjective well-being ($p > 0.05$). The unstandardized coefficient for education level is -0.012 (standardized coefficient = -0.014, t = -0.674, p = 0.5), also indicating no significant effect ($p > 0.05$). The tolerance values for both control variables are 0.863, and the VIF values are 1.158, suggesting no multicollinearity issues in Model 1.

Model 2 added social network type variables (neighbor-centered and family-centered), with the diverse network type as the reference category. The results show that the coefficients and significance levels for age and education level remain largely unchanged from Model 1, still not reaching significance. The unstandardized coefficient for the neighbor-centered type is -0.033

(standardized coefficient = -0.004, t = -0.231, p = 0.817), indicating no significant effect compared to the diverse network type ($p > 0.05$). The unstandardized coefficient for the family-centered type is 0.298 (standardized coefficient = 0.146, t = 7.748, $p < 0.001$), indicating a significant positive effect on subjective well-being ($p < 0.05$). This suggests that men with family-centered networks report significantly higher subjective well-being than those with diverse networks. All tolerance values are above 0.8, and VIF values are below 2, indicating no multicollinearity issues in Model 2.

Model 3 further added the social media use variable. The results show that the coefficients and significance levels for age and education level remain largely unchanged from Model 2, still not reaching significance. The coefficients and significance levels for the neighbor-centered and family-centered types also remain largely unchanged from Model 2. The unstandardized coefficient for the family-centered type increases to 0.338 (standardized coefficient = 0.166, t = 8.63, $p < 0.001$), indicating a stronger positive effect on subjective well-being. The unstandardized coefficient for social media use is 0.094 (standardized coefficient = 0.094, t = 4.944, $p < 0.001$), indicating a significant positive effect on subjective well-being ($p < 0.05$). This suggests that higher social media use frequency is associated with stronger subjective well-being among Chinese men. All tolerance values are above 0.9, and VIF values are below 2, indicating no multicollinearity issues in Model 3.

In summary, the control variables (age and education level) do not significantly affect subjective well-being. Among social network types, only the family-centered type has a significant positive effect, while the neighbor-centered type has no significant effect. Social media use also has a significant positive effect, indicating that higher social media use frequency is associated with stronger subjective well-being. No multicollinearity issues are detected in any model, ensuring the reliability of the results. These findings provide important insights into the factors influencing subjective well-being among Chinese men, particularly the roles of social network types and social media use.

The results support Hypothesis 1, indicating that different social network types have varying impacts on Chinese men's subjective well-being. Hypothesis 2 is rejected, as the family-centered type shows a significant positive effect, contrary to the expectation that diverse networks would yield higher well-being. Hypothesis 3 is supported, as social media use significantly affects subjective well-being across different social network types.

5. Conclusions and Discussion

This study explores the impact of social network types and social media use on subjective well-being among Chinese men through hierarchical regression analysis. The results indicate that family-centered social networks significantly enhance subjective well-being, while neighbor-centered networks have no significant effect. Men with family-centered networks report significantly higher subjective well-being than those with neighbor-centered or diverse networks. This finding aligns with prior research highlighting the importance of family relationships in Chinese culture for mental health and well-being (Chen et al., 2000; Yan et al., 2023). Family-centered networks may enhance well-being by providing emotional support, financial assistance, and a sense of social identity (van Harmelen et al., 2016). In contrast, the weak impact of neighbor-centered networks may reflect the declining significance of neighborhood relationships in modern society, particularly in urbanized areas where neighborly interactions are limited (Zou & Deng, 2021).

The positive impact of social media use further reveals new characteristics of social interaction in

the digital age. Social media not only expands individuals' social networks but also provides platforms for emotional expression and information sharing, enhancing the accessibility and immediacy of social support, which is crucial for improving subjective well-being (Xiao et al., 2024).

In traditional Chinese culture, men are often seen as the primary economic providers and central participants in social activities. Therefore, their subjective well-being may depend more on social network support and the convenience of digital interactions than on age or education. The significant impact of family-centered networks underscores the family-centric nature of Chinese culture, where family relationships serve as both emotional support and a vital channel for social and economic resources (Krys et al., 2023). In contrast, the non-significant impact of neighbor-centered networks may reflect the weakening of neighborhood ties in urbanized areas and the preference for relying on family rather than neighbors for social support.

Additionally, the significant positive impact of social media use offers a new perspective on understanding male well-being in the digital age. Social media not only provides men with broader platforms for social interaction but also enhances their perception of social support through information sharing and emotional expression. This finding aligns with Digital Social Capital Theory, which posits that social media expands individuals' social networks and enhances the accessibility of social support, thereby significantly improving well-being (Ellison et al., 2014).

6.Limitations and Future Research Directions

First, the study uses cross-sectional data, which limits the ability to establish causal relationships. Future research could adopt longitudinal designs to explore the dynamic relationships among variables. Second, the measurement of social network types and social media use relies on self-reported data, which may be subject to social desirability or recall bias. Third, the study does not fully account for other potential mediating or moderating variables, such as socioeconomic status, urban-rural differences, or mental health status. Future research could explore the differential impacts of social network types and digital behaviors on well-being across cultural contexts, as well as their effects across different gender and age groups.

Additionally, the limitations of this study lie in the fact that the weak correlation between neighborhood relationships and subjective well-being is primarily analyzed based on gender dimensions, without fully exploring whether this phenomenon is prevalent in other social groups. Additionally, there is a lack of in-depth investigation into the moderating role of male-specific social network patterns (e.g., professional alliances, interest-based communities), which restricts the construction of gender-differentiated explanatory models. Furthermore, the sample is concentrated on specific groups and does not encompass a broader population of Chinese (young) individuals, potentially affecting the generalizability and representativeness of the results. Future research could further validate and deepen these findings by expanding the sample scope or introducing additional moderating variables.

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Conflict of Interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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