

Language is the most abstract because you can explain things that could never explained by code.

Swift is the next for abstraction because it is the most similar to language.

Block code is after that because it uses parts of language but is more chunky and fragmented than swift

Object code is next because it starts to transition from language to actual code that computers can read better than humans

Binary is the worst at abstraction because it is very difficult for humans to read and write productively. Computers are very very good at this one despite it being the least like a language.