Sure, here's a suggested order to learn the frameworks and technologies you mentioned, based on their dependencies and popularity:

1. Java Programming: Start with learning the basics of Java programming language. This will be helpful for understanding the concepts of Spring Boot and the other frameworks.
2. Spring Framework: Once you have a solid foundation in Java, start learning the Spring Framework. This will be important for understanding Spring Boot, which is built on top of Spring. You can follow the Spring Framework documentation or the Spring in Action book.
3. Spring Boot: After you have learned the Spring Framework, move on to learning Spring Boot. This will be helpful for building standalone, production-grade Spring-based applications. You can follow the steps I outlined in my previous response to get started with Spring Boot.
4. React: Once you have a good understanding of Spring Boot, move on to learning React. React is a popular front-end library for building user interfaces. You can follow the resources I provided earlier to get started with React.
5. Angular: After you have learned React, you can move on to learning Angular. Angular is another popular front-end framework for building web applications. You can follow the resources I provided earlier to get started with Angular.
6. Problem Solving: Finally, you can focus on improving your problem-solving skills by practicing on coding challenge platforms like LeetCode, HackerRank, or Codewars. This will be helpful for improving your algorithmic thinking and coding abilities.

Remember that learning takes time and consistent effort, so don't worry if it feels challenging at first. Focus on building a strong foundation and gradually increasing your skills. Good luck with your learning journey!