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ABBREVIATIONS

WLB: Work Life Balance

WFC: Work Family Conflict

FWC: Family Work Conflict

NSCW: National Study Of Changing Workforce

FAAR: Family Adjustment and Adaption Response

ABCX: A- Event or Stressor, B- Resources, C- Perception, X- Level of stress

SOFE: Survey of Federal Employees

IT: Information Technology

BPO: Business Process Outsourcing

WIPL: Work Interference with Personal Life

PLIW: Personal Life Interference with Work

WPLE: Work/Personal Life Enhancement

FA: Family Aspects

PA: Professional Aspects

FL: Family Life

WL: Work Life