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Abbreviation

WLB	Work-life balance
JS	Job satisfaction
OWB	Overall well-being
EAP	Employee Assistance Programs
COR	Conservation of Resource
QWL	Quality of work life
WFH	Work-from-home
SSI	Small-scale industries
QOL	Quality of Life
OC	Organizational commitment
WFB	Work-family balance
JD-R	Job Demands-Resources
ICT	Information and communication technology
SWB	Subjective well-being
FFP	Family-friendly policies
PLS-PM	Partial least squares path modelling
PCS	Perceived career success
FWA	Flexible Work Arrangements
FSSB	Family-supportive supervisor behaviours
IT	Information technology
BPO	Business Process Outsourcing
POS	Perceived organizational support
BYOD	Bring Your Own Device
CA	Cronbach's alpha
KMO	Kaiser-Meyer-Olkin
WS	Work Satisfaction
WES	Work Environment Satisfaction
PLS	Personal Life Satisfaction
WBH	Work Brought Home
TDS	Time to De-stress
FO	Family and others

SMU	Social Media Usage
SL	Stress Level