# Communication Competences as An Important Element of Social Security* 

Marcin STRZELEC<br>Academy of Justice, Poland<br>Ewa MAŁACHOWSKA<br>University Clinical Center of the Medical University of Warsaw, Poland<br>Correspondence should be addressed to: Marcin STRZELEC; marcin.strzelec@swws.edu.pl<br>* Presented at the $40^{\text {th }}$ IBIMA International Conference, 23-24 November 2022, Seville, Spain<br>Copyright © 2022. Marcin STRZELEC and Ewa MAŁACHOWSKA


#### Abstract

Modern life means dynamics and variability, and enjoying the benefits of the seemingly unrestricted civilisational development may be burdened with many threats. Human survival and development require the sense of security, which makes flexibility and readiness for continuous change an essential disposition which must be cultivated. Given that the phenomenon of security is approached as a process which occurs in societies on a continuous basis, working on the ability to communicate effectively becomes an increasing value and an asset which often determines success in life. In this paper, the authors present communication competences as an important element of personal security, and consequently social security. They discuss communication barriers and distortions in the context of the sense of security at respective stages of human development. The purpose of this paper is to demonstrate that correct communication is an important condition of social security.


Keywords: communication, communication competences, language competences, social security, personal security, communication barriers.

