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## Analyzing the Dynamics of International and Regional Conflicts and Their Implications for Middle Eastern Stability: An Analytical Perspective

Yousif Mohamedradha<sup>1</sup>, Shamal Mustafa<sup>1</sup>, Kawar Mohammed Mousa<sup>2\*</sup>

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### ABSTRACT

The endless international conflicts are among the most influencing factors on the Middle East region, especially after the end of the Cold War in the nineties of the twentieth century. Therefore, this article attempted to present and analyze the extent of the impact of these conflicts on the factors of stability in that region, while clarifying the roles of the influential international actors in those conflicts. The study concluded that the conflict in its general meaning is a clashing vision between two parties, each party tries to adhere to it and achieve its goals even if it conflicts with the interests of the other party, meaning that the conflict is in reality a process of collision between the two parties, and therefore in most cases the conflict is at its end armed conflict which leads to many victims and losses, which is called war. The Middle East region has been a scene of international and regional conflicts for a long time, and these conflicts have increased with particular force since the 1990s of the twentieth century. Until now, that region has become one of the most tense and unstable regions of the world.

### INTRODUCTION

Conflict or dispute is one of the phenomena that arose with the existence of man on earth. From a psychological point of view, man tends to conflict when he desires to achieve goals that he aspires to achieve, and he cannot do so through normal or amicable means, as if those goals are not compatible with the right guaranteed to him by the legitimacy and the law, or that its objectives are morally and socially forbidden, and other reasons that prevent man from achieving his goals that he aspires to, and for us in the story of the conflict between Abel and his brother Cain in the early beginnings of humanity, the lesson in the conflict.

Conflict as a means to achieve desires and goals has been dealt with in many branches of science, especially in psychology and sociology, where scholars in these branches have been concerned with conflict as a kind of aggressive manifestation that refers to its way of resolving differences between an individual and another, or between one tribe and another, or a group of the population and others, or even between a country or a group of countries and other countries opposite or in conflict with it, which is consistent with what we mentioned at the beginning that the conflict is rooted in the human soul since God created man and brought him on earth.

With the development that took place in human society and the establishment of human societies and civilizations that inhabit the earth, build it, and establish kingdoms and states, conflicts arose at the collective level. However, these conflicts often evolved into political and economic conflicts. Many antiquities in many regions of the world, especially in the Middle East, tell us that there are conflicts of this kind represented in wars, conspiracies, hostility

and alliances between many regions or kingdoms, as was the case in the Kingdom of Babylon in Iraq, the Phoenician kingdom in the Levant, and the civilization of Hadramout, in addition to the vast history full of political conflicts during the Pharaonic civilization in Egypt, and other ancient civilizations, through the Greek and Roman civilizations, to the Islamic civilization, which was full of conflicts on the internal level between kings and princes, such as the conflict between the state and the Umayyad and Abbasid states, and other internal conflicts Islamic, or on the external level, where the conflict was intense between the Islamic civilization and the Crusader civilization. Many wars took place between those two civilizations, and they were all wars on a religious basis, even if religion was not the most important factor in them. Still, rather the seizure of lands and spheres of influence, expansion operations, was the main factor of the Islamic Crusades. However, we are not here about the causes or factors of those wars, but rather we intended them as inference on the international conflict.

During the modern era, the international conflict erupted in its completely new image, and many conflicts occurred, the most important of which was the international conflict during the First World War (1914-1918), and the Second World War (1939-1945). After that, the conflict moved to what was called the Cold War between the capitalist camp led by the United States of America, and the socialist camp led by what was known as the Soviet Union (formerly), until that war ended in the early nineties of the twentieth century.

By moving to the stage of globalization and the domination of capitalism, we have moved to a different level of conflicts and agency wars, where the conflicts have

<sup>1</sup> Department of Political Science and International Relations, Near East University, Nicosia 99138, North Cyprus, via Mersin 10, Turkey

<sup>2</sup> Department of Business Administration, Near East University, Nicosia 99138, North Cyprus, via Mersin 10, Turkey

\* Corresponding author's e-mail: [kawarmohammed.mousa@neu.edu.tr](mailto:kawarmohammed.mousa@neu.edu.tr)

become diverse between the military conflict in different regions of the world, most of which are represented in proxy wars, and other conflicts, the most important of which is the economic conflict and the struggle over areas of influence and hegemony, leading to cultural and scientific conflicts and various other conflicts.

In this context, it can be said that the Middle East region, with its geo-strategic importance, represented the most important areas of international conflict and the most important global region that the major dominant countries seek to control by all means, whether friendly or unfriendly. This is due to the importance of the Middle East region on the economic, geostrategic, geographical, and demographic levels. The Middle East region contains a large proportion of oil and gas reserves on the global level, on the one hand, and on the other hand, the Middle East region is located almost in the heart of the world, and therefore it is of great geopolitical importance. As for the demographic level, the Middle East region represents a large population weight, especially taking into account that most of the countries in that region are importers rather than producers, and therefore major countries such as the United States of America, China and the European Union are trying to take over the market in the Middle East because this brings returns huge financial resources for producing companies, which leads to economic conflicts between those powers.

There have been many approaches adopted in the field of international relations to analyze and interpret international and regional conflicts, such as the realistic approach, the ecological approach, and other approaches such as the demographic and proactive approach. These approaches are compatible with the contemporary nature of international and regional conflicts, and in reality they are endless conflicts if we look in particular at the political and security equations in the Middle East region, where in this case you need to rely on a number of tools for analyzing international and regional conflicts, such as the Harvard approach, and the analysis theory of humanitarian needs, and the approach of transforming the conflict, in addition to the various repercussions between international and regional, all of which are repercussions affecting the Middle East region, and they are all related to the dynamism of international and regional conflicts.

With the development of international and regional conflicts and their nature and dynamics, these conflicts moved to a new level called proxy wars, which are wars that take place between two parties at the declared level, and in the midst of this conflict there are other parties who are concerned and benefit from these wars. It supports parties acting on its behalf in that war, which is clearly evident in the Iraqi case, in which the conflicting parties are diverse and many international and regional parties intertwine to support one party at the expense of the other, and they are all models of proxy war, as well as the war that has been taking place in Syria since the establishment of the Syrian revolution where many of the parties involved in the conflict support the parties

to this conflict on the ground, while the party benefiting from that war is not declared. The United States and the Gulf states support the Syrian opposition forces with weapons and financing. On the other hand, Iran and Russia are supporting the Syrian army to eliminate the opposition forces, including the terrorist forces, it is an undeclared proxy war. The same is true for the case in Yemen, where Iran supports the Houthis, while the United States of America supports Saudi Arabia and the UAE. All of these conflicts or disputes in the Middle East region stem from the hidden Israeli role that ignites the conflict without there being a clear or known declaration of that role.

The models of proxy war do not depend on the Iraqi and Syrian cases, but rather extend to many parties in the Middle East region, and perhaps the most important of them is the Yemeni war, which is intensifying day after day, and different parties ignite that war to achieve their goals. On the one hand, Iran supports the Houthi forces. The United States and some of the Arab countries, in addition to Israel, with the support of Saudi Arabia and the UAE, with arms and logistical support, are trying to achieve their regional goals, as Iran is working on regional control of the region. The United States and some regional powers are trying to achieve their goals in Yemen and the Red Sea region.

#### LITERATURE REVIEW

The issue of international and regional conflicts has long attracted the attention of scholars, particularly in the context of the Middle East, which remains one of the world's most unstable regions. Classical theorists such as Mearsheimer (2019) and Waltz (2020), writing within the Realist and Neo-Realist traditions, view conflict as an unavoidable outcome of the continuous struggle for power among states. Other schools of thought, including Liberalism and Constructivism, approach the problem differently. They argue that shared values, institutions, and cooperation can play an important role in reducing tensions, while differences in identity, ideology, and perception may deepen divisions among nations.

In the last few decades, the Middle East has become a testing ground for these theories. After the Cold War, the nature of conflict in the region changed significantly, moving from direct confrontation between states to proxy wars supported by external powers. Researchers such as Al-Azzawi (2022) and Hassan and Yahya (2021) note that the involvement of international actors including the United States, Russia, Iran, and Turkey has turned local disputes into prolonged regional crises. These wars are not only military in nature; they also involve economic influence, ideological competition, and the manipulation of sectarian divisions. Studies on Syria, Iraq, Yemen, and Libya demonstrate that external interference often delays peace efforts and weakens state institutions (Ismail, 2022). Recent research has provided additional insights into the dynamics of these conflicts. Al-Mulla (2023) observes that modern Middle Eastern conflicts increasingly rely on

hybrid tools economic sanctions, information campaigns, and diplomatic pressure alongside military operations. Similarly, Salem (2024) argues that achieving lasting stability requires understanding proxy wars as complex systems involving multiple state and non-state actors rather than simple two-sided confrontations.

Although many scholars have addressed particular aspects of Middle Eastern conflicts, there is still a lack of comprehensive analysis that connects international and regional dynamics in a single framework. Most studies examine each case such as Iraq, Syria, Yemen, or Libya in isolation. This research therefore seeks to fill that gap by offering an integrated analytical view of how international rivalries, regional ambitions, and internal divisions interact to shape the overall stability of the Middle East.

### **Problem of The Study**

The research problem of this article is represented in an attempt to analyze the nature of international and regional conflicts and to identify the dynamics of those conflicts by applying the proxy war taking place in the Middle East in the wake of the Anglo-American occupation of Iraq in 2003.

Perhaps the international conflicts taking place in the Middle East region constitute one of the most prominent models of proxy wars, especially since the Anglo-American occupation of Iraq opened the door wide to this type of conflicts and violent wars in some regions, and cold wars in other regions, all of which affect stability in the Middle East region with the same magnitude.

Based on the foregoing, the article attempts to delve deeper into understanding the dynamics of international conflicts, to identify the effects of proxy wars in the Middle East region, to understand the nature of each individual case, and to identify the impact of proxy wars in the Middle East region, starting with the Iraqi case, which constitutes an obstacle to the research effort because of the ramifications and multiplicity of conflict parties and proxy warlords in the Iraqi state, as well as the importance of Iraq at the geopolitical and demographic level for the Middle East region in general, and the Arab region in particular, especially after Iraq transformed from a great regional and military power in the Arab and Islamic worlds, to a weak country with many conflicts and terrorism. We also try to identify the dynamics of international conflicts in the Yemeni and Libyan cases and to identify the effects of international conflicts and proxy war in both cases in terms of economic, demographic and military aspects and the state of stability in each case separately through analysis and deep understanding of each case to be examined and subjected to the level of analysis necessary for it.

### **Importance of The Study**

The importance of the article is that it adds to the Arab academic library a kind of modern studies that seeks to analyze the dynamics of international conflicts in the Middle East region, and how to manage proxy wars in the

same region. This is what helps researchers and decision-makers to get to know the nature of these conflicts, their impact on the region and how to avoid them in the future, because these conflicts and these wars (wars of agency) are among the factors most affecting at the present time on the economic, social and cultural conditions in the Middle East region, and therefore the importance of the study at the applied level represents a great focal point at the present time and in the future.

### **Aims of The Study**

This study seeks to achieve a number of objectives as follows:

- 1) Learn about the nature of international conflicts in the Middle East and their effects on that region.
- 2) Analysis of the approaches used to analyze the dynamics of international conflicts in the Middle East.
- 3) Recognizing the nature of the endless conflicts in the political and security equations in the Middle East.
- 4) Analyzing the repercussions of international and regional conflicts on stability in the Middle East.
- 5) Identifying the mechanisms and parties to proxy wars within the framework of the international and regional conflict in the Iraqi and Syrian cases.

### **MATERIALS AND METHODS**

The research relies on the two analytical descriptive approaches and the decision-making approach. As for the analytical descriptive approach, it was relied upon to describe the nature of international conflicts in the Middle East region, and to describe the extent of the relationship between the international conflicts taking place in the Middle East region and what is associated with them under the name of proxy wars. We also rely on the analytical approach in order to analyze the effects of international conflicts and proxy wars on the state of stability in the Middle East, depending on some cases such as Iraq, the war in Syria, the case of Yemen and the Libyan case. As for the decision-making approach, we relied on it to analyze how conflict decisions are made in the Middle East, and to identify the roles of the main actors and subordinate actors in relation to the mechanism of international conflicts in the Middle East region and its effects on the state of stability in that important region of the world.

### **RESULTS AND DISCUSSION**

#### **Definition of International Conflicts**

International conflict is an essential feature in international relations, and this naturally dates back to many centuries, as each state has its own interests, and the state searches through all means to achieve its own goals, even if it is at the expense of the interests of other parties. Here, the conflict occurs when the state tries to achieve its own interests at the expense of other parties, and the conflict is as old as the international relations themselves. The international political conflict dates back to the Middle Ages when the dispute occurred between Portugal and

Spain over the division of the world. This dispute ended with the signing of an agreement between them with the mediation of the Pope, so Portugal acquired the eastern hemisphere and its fleets became free in the Indian Ocean and the Persian Gulf, while Spain had freedom to sail in the Atlantic Ocean, the Americas and the North Sea. This dispute ended after the signing of that agreement and the alliance between Portugal and Britain on the one hand, and Spain allied with France on the other hand. This conflict was the first global political conflict that appeared on the international scene and clearly demarcated the boundaries of world politics.

The term conflict refers to many civilizations, the most important of which are the Greek and Roman civilizations, as these civilizations were among the most civilizations that witnessed international conflicts, although they were preceded on a limited scale by the Pharaonic and Babylonian civilizations. In the Roman and Greek civilizations, the term “clash of the gods” was used as an expression of that conflict whose parties are unnatural forces that were likened to the gods in the Greek and Roman civilizations.

Perhaps the term conflict is one of the terms that have not been agreed upon between the theorists of international relations and international politics, and a number of thinkers have tried to define the international conflict, and these and other attempts have agreed that the international conflict is a situation in which each party tries to achieve its own interests in all friendly and unfriendly ways.

The international conflict begins at its beginning with the attempts of the state or a group of states to achieve its own interests through amicable means, and these interests naturally conflict with the desire or will of the other parties, or conflict with the interests of the other parties. When friendly ways are useless, the international conflict turns into an armed and violent conflict that leads to many human and material losses, and international relations witness many international conflicts and wars aimed at achieving the interests of each party.

The international conflict is mainly related to international actors, as these are the ones who try to control the resources and capabilities of countries according to their desire, and this desire contradicts the desires and goals of the other party. The conflict may last for a number of years until it turns from a potential conflict into a cold conflict, as is the case in the Cold War that was taking place between the United States and the (former) Soviet Union. The conflict may be over a specific region in order to benefit from its capabilities and resources or to include it in an alliance of Alliances, or attempts to find parties in a region that achieve the interests of the active states, which is called proxy conflict or proxy wars. The Middle East region was one of the most global regions witnessing this type of conflict, especially when looking at the conflicts that occurred in the Middle East region since 2011, when there was a presence of international actors and non-state actors (Al-Saadani, 2021).

As for dynamism in its general sense, it is a term that refers to a state or level of escalation that the international conflict has reached, and dynamism refers to the state of intensity in interactions between all parties. The dynamism also refers to the nature of the general mood that can participate in transforming the positions of the parties to the international conflict.

The dynamism is linked by its nature to the context and structural factors, which are usually kept outside the conflict pattern that we are trying to explain, and structural violence refers by its nature to violence that is not caused by an individual or a group of individuals, but through political and economic patterns, such as poverty, social needs, and so on.

The dynamism is linked to the causes of conflict. Conflicts often do not arise for one reason, but are a group of causes or factors intertwined with each other. When researchers attempt to analyze the causes and mechanisms of the international conflict, one must look at dismantling the dynamics of the international conflict and understanding its direct and indirect causes.

There is a group of strategies that are linked in turn to the dynamics of international conflicts, and these strategies are the ones that examine ways of interaction and dealing with the international conflict. The strategies adopted for international conflicts are those mechanisms that try to reduce the cost of the international conflict.

When examining the dynamic mechanisms of international conflicts, we find that the international conflict may, in turn, witness the intervention of external parties indirectly. These parties, in turn, seek to achieve a set of their own goals. The international conflict may take a form of internal conflict.

For example, in the Syrian case, it appears outwardly that the conflict is a conflict between the moderate opposition forces and the regular forces on the one hand, and on the one hand there is a conflict between terrorist groups and the regular forces or the Syrian armed forces, but with an expanded view of this conflict, we find it a form of international conflict (Mustafa, 2021).

In the Syrian case, the internal forces are working to fuel the Syrian conflict in favor of the international and regional powers. The moderate Syrian opposition and the terrorist forces find those who support them, secretly and publicly, at the international and regional levels. Among the most prominent supporters of these groups are the United States and some countries of the European Union. At the regional level, we find some regional parties that support groups opposed to the Syrian regime. All of this is taking place within the framework of the conflict of interests between the international and regional powers on the one hand and the Syrian regime on the other. On the other hand, we find international and regional parties supporting the Syrian regime against the opposing forces opposing it, and then we can call the internal Syrian conflict a conflict within the phenomenon of an internal conflict, and in reality, it is the strongest type of international conflict, or we can call it a proxy war

(Mustafa, 2021)

A distinction must be made between the term conflict and the concept of dispute, as the latter refers to a state of contradiction and inconsistency between the interests of the two parties to the conflict, and conflict means a state of conflict in viewpoints that are essentially contradictory. In cases of conflict, each of its parties attempts to give preference to its views over the views of others, and these differences may start from the theoretical situation to the practical situation and become a source of tension and threaten aspects of stability, and the conflict in turn is based on basic analyzes that can be summarized as follows (Hashani, 2008):

1) Self-Analysis: In this case, the conflict is due to a misperception of the state of compatibility and integration between the interests of all parties, but it is understood on the basis that it is a state of inconsistency and compatibility, and then the self-conflict occurs mainly, and in another sense, it is the objective realization of the situation in a distorted way.

2) Objective Analysis: In this case, the conflict is a state of competition in which the parties are fully aware of the incompatibility, and then each party tries to adhere to a position that does not correspond to the position that does not correspond to the desire of the opposite party. Based on the foregoing, the international conflict expresses that situation in which a dispute arises between two states or two persons of public international law (with full sovereignty), which includes claims by each of these international parties to its entitlement in a specific case, and that these demands are confronted not being recognized or rejected by the opposing or opposite parties (Jrad, 1992).

Likewise, when looking at similar vocabulary between conflict and other terms, we find that there is a correlation between conflict and the establishment of human life on earth. This was indicated by all divine laws and historical writings, which made the term conflict of great importance and dealt with in many studies through analysis, definition and criticism at times, and an attempt to identify the motives of the conflict. Some studies indicated that the common denominator of conflict in all its forms is due to different ideologies and goals (Wishah, 2008).

There may be similarities between the term conflict and the concept of war, as both terms are close concepts to each other and are very similar. But it is possible to distinguish between the words war and conflict in that the war depends on one single appearance, and the word war is that term that depends on the use of violence and weapons among all the parties involved in the war, and the war must end in either victory or loss. A number of writers or researchers believe that war should have a clear end, and war is different from military maneuvers, as the latter is one of the actions that may precede war and may depend on training or intimidation and deterrence (Wishah, 2008).

Going back to the ancient history of conflict and war

during the first ages of mankind, we notice that the wars or conflicts that existed at that time were aimed at achieving simple or limited goals. The conflict or wars in ancient times were aimed at providing basic human needs. Therefore, the cost of the conflict was somewhat low, as the cost was represented in financial or human losses, or both together, and this is mainly due to the fact that the conflict or war depended on simple weapons or, in other words, undeveloped weapons. In the past, wars relied on swords, arrows, and shields, then evolved into simple firearms and the primitive use of limited gunpowder. Therefore, the cost of wars or armed conflicts was somewhat limited, whether in terms of human or material aspects.

### **Patterns of Endless Conflicts in The Middle East**

The Middle East region represents the clear model for applying theories of international conflict in its various stages since this region is considered one of the most regions in the world witnessing international and regional conflicts, this region is centered on international conflicts, which are conflicts whose roots go back decades.

The first conflicts in the Middle East region during the modern era are attempts to seize the capabilities of the region and include them in the international security equations during the First World War. Both France and Britain tried to exploit their colonies in the Middle East. Britain tried to rely on the Egyptian ports and resources in Egypt and other colonies, such as Iraq, in its war during the First World War. Britain also decided to recruit many citizens in Iraq, Egypt, and elsewhere in that war.

France also tried to bring the countries of the Middle East that fall under its colonization into the furnace of World War I by exploiting the citizens of Algeria, Morocco, Tunisia and others, and exploiting the resources of those countries as well.

Perhaps the Middle East region witnessed many conflicts after the independence of many countries and the end of World War II. The Middle East is one of the regions that witness conflicts at the internal and external levels. On the internal level, security equations in the Middle East witnessed many internal conflicts, including serious ethnic conflicts that led to destabilization in many countries of this region. Perhaps ethnicity as a term was advocated by David Reisman in the fifties of the twentieth century. This term (ethnicity) is one of the concepts that see the existence of a specific social group that transcends any political structure, and ethnicity differs from race, and ethnicity cannot be defined based on biological criteria, as ethnicity depends primarily on history, traditions, customs, creed and affiliation (Muhammad, 2017).

Ethnic conflicts are that type of conflicts that occur between ethnic or linguistic groups over an issue, where each ethnic group tries to change conditions in its favor, whether those conditions are economic, political, cultural and other conditions. In most cases, ethnic conflict stems from issues related to the distribution of wealth and access to power, so that each ethnic group tries to acquire

its rights through armed conflict. These conflicts may develop into cases of separation, which is what happened in many countries in the Middle East, and perhaps what Syria, Iraq, Libya, Sudan and some other countries in the Middle East are witnessing is evidence of that.

The ethnic conflicts that took place in the Middle East are those conflicts that occur between two groups or between two or more countries, provided that the focus of the dispute between these groups is political, social or economic differences. In general, ethnic conflict or what is called ethnic wars can be understood as a type of organized violence so that groups and values can be measured through ethnic language. It is noted that this definition is not unanimous among researchers and thinkers based on the fact that it may apply to some ethnic conflicts. It is not allowed to make a difference between conflicts that occur between states and conflicts that occur within states (Evans & Nobham, 2009).

The idea of conflict in the Middle East has many causes, but we can point out that the most important causes of conflict in the Middle East are the struggle over access to resources, and perhaps the Middle East is one of the regions that God has blessed with abundant natural resources. This abundance was not a reason for good for that region, but the resources were one of the factors causing tension and conflict in this region, as the abundance of natural resources led to internal struggles to obtain and acquire them on the one hand, and many international conflicts occurred to obtain them as well.

The first challenges facing security in the Middle East are those threats that affect the regional system of the Arab countries, as the term regional system is always used through two main perspectives. The first is used as a subsidiary system, meaning that it branches from the general international system into a set of sub-systems. This system is based on the fact that the regional system is distinguished from the international systems that express a specific geographical area that is linked to each other by a set of similar factors. As for the second perspective, the regional system is used on the basis that it is a gathering of a number of countries that are close to each other on the geographical level, which belong to one geographical system and combine a number of common characteristics and identities in the sense that the regional system is a gathering of a number of neighboring regional countries at the geographical level that interact with each other through a set of common interests (Dandan, 2015).

### **Impact of International Conflicts on The Middle East**

The first indications of the effects of the international conflict on the Middle East region were with the outbreak of World War I in 1914 until 1918, when the Middle East region represented one of the theaters of the international conflict that prevailed at that time, and the direct repercussions were through the participation of the Ottoman Empire in that war as a party authentic in this war. The Ottoman Empire was a party on the side of the group countries against the allied countries, and

the Ottoman Empire used some regions of the Middle East, especially the Arab region. It also relied on the resources of some countries and recruited a number of forces on its behalf during that war, as did France, which occupied some North African countries, Lebanon and Syria. Britain relied on resources in Egypt, Iraq and some other countries. All these signs and others were the reason for making the Middle East region one of the fields of international conflict that prevailed at the time (Maady, 2011).

The situation did not differ much during the Second World War, when the Middle East region, especially North Africa, was a theater of international conflict, and the parties to the conflict, especially Britain, France and Italy, exploited the territories of the occupied countries, and drained their economic and human resources for their benefit in that war that was going on between the Allied forces and the group. The countries of the Middle East incurred many human and material losses in that war, which lasted from (1939 to 1945). Many writings indicated that the cost of that war for the Middle East was very high, and perhaps the evidence on the Libyan-Egyptian border, where the largest tank battles in history broke out in the El Alamein region in the Egyptian-Libyan desert, is evidence of that, in addition to the material and human losses incurred by Arab countries such as Egypt, Algeria, Tunisia, Libya and Morocco, and some other countries such as Iraq and Lebanon. In other words, the Middle East region was not isolated from the negative repercussions of that great war and the bloody conflict that prevailed between the international powers at that time.

Perhaps the biggest and strongest effects were after the end of the war, when the state of the Zionist entity was established on the Palestinian Arab lands under the auspices of major countries such as Britain, the (former) Soviet Union, the United States, and some European countries.

Hence, many events and facts indicate the importance of the Middle East region in the global map, and then that region has become one of the most regions at the international level that is witnessing a state of continuous international struggle to control it and its capabilities. Despite the change that occurred on the global map from 1990 to 2010, when the US control of world leadership was clear and there was no strong competition for that position, however, since 2010 there has been international competition between the American pole and the Russian state, and with them China and some the other allies have less influence, which led to many political repercussions at the regional level in the Middle East. Since the outbreak of the so-called Arab Spring revolutions, the Middle East region has become an arena for international conflict between many international powers with great influence, as many parties compete for the region and tensions escalated to a large extent, which contributed to the escalation of regional conflicts at times, and internal conflicts at others, which is evident in many cases in the

Middle East region in general, and in the Arab region in particular where Iraq witnessed many international interventions and conflicts, as well as the case in Syria, which has become an arena for international conflict and all types of proxy wars between all international and regional parties alike. The same is the case in Libya, whose arena is witnessing internal armed conflicts and in which many international and regional parties interfere, which has led to many negative effects on Libyan security and even on all economic, political, security and other sectors. Likewise, in Yemen, the Yemeni arena was not far from regional and international influence, and many forms of international and regional conflicts occurred in it, although the apparent conflict and proxy war between Saudi Arabia and the UAE on the one hand, and the Houthis on the other hand, are supported by the Iranian side, which constitutes one of the aspects, although it does not express the whole picture. As the reality of the Yemeni internal conflict extends to the fact that it is an international and regional conflict, the Saudi and Emirati side rely on international and regional parties working to achieve their goals in the Red Sea region and on Yemeni lands. These international parties, for example but not limited to, are the United States and Israel, while the other party is the Houthis in Yemen in addition to Hezbollah and Iran, and these parties find their support, which is the Russian and Chinese parties and some other less influential parties on the world stage (Omar, 2021).

International conflicts in the Middle East region represent a special case of cases of intertwining between what is internal and what is regional, as well as internal. In order to know broadly and clearly the effects of international conflicts, classify international conflicts into three levels, intertwined with each other to have an impact on the Middle East region, as follows:

### **International Dimension**

The international dimension in the Middle East region is represented in the conflict situation between the United States and NATO on the one hand, and the Russian Federation as the heir to the global Soviet policy and with it some major world powers such as China along with North Korea as an ally of both Russia and China and with them some Latin American countries.

### **Regional Dimension**

It is represented by many forces. There is the Arab side, which is mainly represented by Egypt, Saudi Arabia and Algeria, as well as the League of Arab States as a regional organization. However, the latter keeps its role on the formal level more than on the practical level. There is the Iranian side and it is supported by some other small forces in the region, such as the powers Shiites in Lebanon, Yemen and Bahrain, along with less influential Islamic and Arab countries in the Middle East. There are also the Turkish regional powers that have come to influence the Middle East region greatly after the Turkish failure to join the European Union and turn east towards the Arab

region and the Islamic world, and finally keep the Israeli side that plays an influential role in the Middle East region, but this role remains hidden and invisible, although there are many indications of the Israeli presence in many files of the international conflict in the Middle East region (Raafat, 2006).

### **Internal Dimension**

This dimension is the most important in the political equations of the international conflict in the Middle East region, based on the fact that the internal dimension is the direct cause of the occurrence of this conflict, and the parties to the internal dimension are the ones who determine the parties to the international and regional conflict by requesting support from them on the one hand, protecting the interests of international and regional parties on the other hand. Perhaps there are many examples of this internal dimension in the Middle East region, and their roots go back to long decades. In the Syrian case, there is justification for international intervention in the ongoing conflict on Syrian land, and the pivotal role of the internal dimension in that is highlighted. There are the Libyan and Yemeni cases to which the same applies. Likewise, the years of internal conflict in Algeria, or what is called the black decade in the nineties of the twentieth century, when a state of internal conflict arose between the radical Islamic forces and the Algerian army after the Algerian government canceled the results of the elections in which it succeeded in sweeping away the candidates of the Islamic trend. Add to that the Sudanese case, which began as an internal struggle over self-determination and access to wealth between the Sudanese in the south and the north, and things developed as a result of the desire of the parties to the Sudanese internal conflict to seek the help of international parties to eliminate the other side of the conflict, which eventually led to the division of Sudan into two states, the first in the north, it is the old central authority, and the second is the state of South Sudan, which is recognized and independent by the United Nations after many years of violence and conflict. (Ismail, 2017).

### **CONCLUSION**

The analysis of international and regional conflicts in the Middle East reveals that instability in the region is not the product of a single cause, but rather the outcome of overlapping political, economic, and ideological rivalries. The findings show that the interaction between global powers and regional actors has created a complex web of competition in which local conflicts are often transformed into larger proxy wars. These wars have reshaped alliances, prolonged crises, and weakened the capacity of states to maintain internal stability.

It is evident that the repercussions of these conflicts extend far beyond the political and military spheres. They have deeply affected the economic and social structures of many Middle Eastern societies, leading to high human costs, large-scale displacement, and the erosion of public

trust in state institutions. The continuous intervention of external powers has further intensified these challenges, turning the region into a stage for competing global agendas.

At the same time, the study emphasizes that lasting peace in the Middle East cannot be achieved through temporary ceasefires or narrow political settlements. Stability requires a deeper understanding of the underlying causes of conflict, including inequality, sectarian division, and the struggle for control over natural and strategic resources. Addressing these root causes through inclusive governance, regional cooperation, and fair economic development is essential for reducing the appeal of proxy conflicts.

In conclusion, the Middle East stands at a crucial crossroads. The lessons drawn from Iraq, Syria, Yemen, and Libya highlight the urgent need for international and regional actors to shift from confrontation to collaboration. Only through dialogue, shared responsibility, and a renewed commitment to human security can the region move toward a more stable and peaceful future.

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