



## MIDDLE EAST CONFLICTS & THEIR INFLUENCE ON INTERNATIONAL POLITICS

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### Abstract

*Geopolitical processes and relations in the Middle East have profoundly shaped world politics since the early twentieth century. This study focuses on the degree to which regional conflicts impact global political systems, alliances, and decision-making. Using empirical techniques like correlation and regression analysis, it assesses the relationship between regional instability, shifts in the global distribution of power, and diplomatic reactions. The results confirm that these conflicts significantly influence international alignments, foreign policy orientations, and security arrangements, with organizations like the United Nations playing a critical, though often challenging, role in mediation. The analysis identifies regional volatility as a key driver of global energy market fluctuations and migration crises, directly impacting economic stability and domestic politics worldwide. Furthermore, the Middle East serves as a primary theatre for great power competition, where rivalries between the United States, Russia, and China are expressed through proxy conflicts and arms deals. This competition restructures international power dynamics, often entrenching local conflicts while creating transnational security threats, such as the proliferation of non-state armed groups. These interconnected effects: economic, humanitarian, and strategic, demonstrate that Middle Eastern instability is a persistent and potent input into the global system. The perpetual turmoil in the Middle East continuously reshapes the international arena by forging new security alliances, altering trade routes, and consuming significant diplomatic capital. The paper argues that regional stability is therefore not an isolated concern but a fundamental prerequisite for broader global order. This necessitates an integrated international approach, recognizing that events in the Middle East rarely remain contained, instead sending disruptive reverberations throughout the entire network of contemporary international relations.*

**Keywords:** Middle East Conflict, International Politics, Global Power Dynamics, Foreign Policy.

### Introduction

The Middle East has been a crossroad of historical developments in centuries. It is a place where religion, culture, business and vital resources converge, creating a world of numerous conflicts, power struggles, and ideological rivalries that are not confined to a given region. Both the ideological divisions of the Cold War and the dynamics of modern international relations have had extensive effects on international law, international diplomacy and international security.

The Middle East is not just a region; it is also a pivot of the world politics. The crisis that lasts: the Arab Israel conflict, the Syrian civil wars, the Iraq war, and other conflicts in Yemen and Gaza continue to capture continuous international interest. The region is influenced by major actors in the world, the United States, Russia, and China possessing diplomatic, economic, and military influence in the region, often under



the guise of counterterrorism or humanitarian interventions, changing the global policy and intergovernmental cooperation.

The Middle East has the most important resources in terms of geopolitics as it possesses large energy reserves, strategic trade routes, and crucibles of the world religions. The discovery of oil in the twentieth century increased the great power rivalry as states tried to gain dominance and control in the regional resources. The 1956 Suez Crisis, the 1990 Gulf War and the 2003 Iraq invasion are examples in history where instability in the region was contagious in terms of trade, bilateral relations, and the global security. Transnational terrorist activities and sectarianism are contemporary topics that are still relevant and continue to polarise the world and complicate the process of diplomacy. Such circumstances expose shortcomings in international regimes to curb escalation or promote long term peace.

The digital media has also changed the perceptions and understanding of the regional conflict. The Syrian war is not fought in the battlefield only, it is also fought on the social media whereby various stores are propagated throughout the world. These online platforms give voice to different voices and redefine the discourses in terms of sovereignty and humanitarian intervention as well as global responsibility.

The research will attempt to evaluate the influence of Middle East wars on international political affiliations and world governance empirically. It particularly examines the relationship between conflict level and foreign policy realignment and effect of international institutions.

### ***The Study's Rationale***

This study is motivated by the belief that the world politics cannot be understood in totality without the complete understanding of the Middle Eastern dynamics. This is because, despite the decades of diplomatic efforts, interventions and peace negotiations, the region is the centre of an ongoing geopolitical conflict with global consequences. Middle East conflicts influence the migration patterns, energy markets, and spread of weapons in the international level.

The literature currently available is usually inadequate to measure or quantify the concrete connexions between the instability of a region and international politics. The study aims to address this deficiency by implementing quantitative tools to analyse the connexion between the intensity of the Middle East conflict and the general changes in the international relations. The empirical method presents an evidence-based explanation of the relationship between regional turbulence and global political performance, which is in line with the current methodological principles of political science.

### ***Problem Statement***

The long-standing unrest in the Middle East breeds a cycle of war that cuts across the political borders of nations, and it keeps on remaking the world politics. Unresolved problems in Syria, Iraq, and Palestine exist even though the interveners have made attempts to resolve them, many times in international interventions. These prolonged disruptions demonstrate the severe gaps in the international governance and show that the process of international diplomacy and peacekeeping among states needs to be enhanced.

The research aims to address the following research question:

What is the impact of Middle East conflicts on the international political alignment and balance of power?

The answer to this question will clarify how the Middle Eastern conflict is changing the world diplomatic relations, security institutions, and decisions on policies.

### ***Research Questions***

This study questions the complex nature of Middle Eastern war and international politics that will be guided by the following main questions:

1. What are the major political, economic and ideological considerations that have affected international relations in the Middle East conflict?
2. What does the United States, Russia, and China make of the crisis in the Middle East and how the responses of these countries change the world cooperation?
3. How do international organisations shape the world politics and governance in relation to Middle East wars?



4. Is the intensity of the conflicts in the Middle East quantitatively related to the change in international alliance?
5. What implications do media discourses and popular diplomacy have on world reaction to the current war in the Middle East?

### ***Study Objectives***

The paper is guided by a number of main goals to explain the effect of the Middle Eastern conflicts to world politics. The following are the objectives: The role played by Middle Eastern conflicts in the reconfiguration of international political alliances; how international institutions can assist in resolving the conflicts in the region and the resulting implications in the world politics; the role played by the foreign policy of major powers in the emergence or resolutions of conflicts in the Middle East; and the recommendations to be made through evidence bases to promote long term peace in the Middle East and establishment of better world governance.

### ***Hypotheses for the Study***

The following hypotheses are based on the objectives of the studies and a thorough literature review and are aimed at testing the hypotheses set in the research.

- H1: There exists a positive correlation between wars in the Middle East and the changes in the international politics.
- H2: Super powers of the world play the role of mediators between the conflicts in regions and the world politics.
- H3: Middle East conflict is mediated by the international institutions on the global governance.
- H4: Middle East conflict is intensifying with more polarisation amongst global powers.
- H5: Regional instabilities have a negative impact on global politics, but this can be addressed with the help of effective diplomatic and institutional intervention.

### ***Literature Review***

The Middle East is a volatile as well as a strategic region. Its various cultures, religion, and political systems place it at the centre of global geopolitical conflicts, thus making its historical conflicts a key area of interest when trying to understand the nature of international affairs.

Middle Eastern conflict research can be divided into three broad streams of research. The former stream is that the origins of regional conflict can be traced back to the colonial legacies and the territorial delineations that were made after the World War I, which in other words states that the man-made borders like the one depicted in the Sykes-Picot Agreement in 1916 continue to be the source of instability even today (Cleveland-Bunton, 2018). Theorists in this line of thinking use realist and constructivist perspectives in explaining the power dynamics in the region. According to realist theory, power and security concerns are likely to instigate state behaviour, whereas constructivist theory focuses on how identities and ideologies influence the political behaviours (Mearsheimer, 2014; Barnett, 2021).

The second flow is the empirical study of the concrete impact of the Middle Eastern conflict on the international trade politics and politics. This literature employs quantitative research to estimate the direct effect of regional instabilities on international political performance (Fawcett, 2023; Halliday, 2020).

The third-stream questions the structural as well as ideological foundation of conflict on a long-term basis such as the break-up of the Ottoman Empire, the legacy of colonial administrative policies, and the emergence of ideological movements like Islamism. Historians like Owen (2019) and Dodge (2022) argue that colonisation practises created sectarianism and centralised rule thus creating weak states. As an example, Iraq became a frontier of Kurds, Sunnis, and other ethnic communities, each with its own grievances that opposition to the authoritarian regimes has fuelled the eternal conflicts.

The oil exploration of the Middle East changed the world meaning of the region significantly. By mid of the 20<sup>th</sup> century, the oil was the dominant producer in the world, and the Middle East had acquired immense geopolitical power. Oil money has brought about prosperity and war with the world powers fighting to be the sole owners of the resource (Luciani, 2022). The establishment of OPEC in 1960 was an attempt by the Middle Eastern states to control the process of extracting the resources, but the oil embargo of 1973 highlighted the fact that the regional disputes can lead to the world economy being thrown into disarray. The Suez Canal and



the Strait of Hormuz are also strategic infrastructures that reinforce the centrality of the region to the world trade.

According to realism, states are driven mostly by the desire to acquire power and security in the anarchic system (Mearsheimer, 2014). In the Middle Eastern scenario, the world superpowers like the United States and Russia are trying to keep up the allies of the local actors in the region such as Israel and Iran to keep up the strategic power and gain access to the necessary resources.

According to the Constructivism theory, which emphasises the importance of identity, culture and ideas in the political behaviour. Arab nationalism and Islamic identity are just some of the key factors in Middle East politics to form alliances and guide policy frequently dominant over material interests (Barnett, 2021).

Dependency theorists believe that the Middle East is still economically reliant on world capitalism despite the abundance of natural resources which attract interventions of foreign powers. Stronger forces are interested in maintaining the grip on the local resources, which will limit any form of opposition to their hegemony (Amin, 2019; Wallerstein, 2020).

### ***The Global Impact of Key Regional Conflicts***

There are several major conflicts that are located in Middle East. Both have had extensive impacts on the politics of the world, economy and security. Not only did these wars alter the political arena of the Middle East, but also had an impact on international relations, trade and security policies. The following are some of the most significant conflicts of the current times and their impacts on the world:

Arab-Israeli Conflict is one of the most significant and longest conflict in the Middle East. It is not just a territorial dispute. It is a symbol of a battle of sovereignty, right and national identity. Since the Camp David Accords of 1978 up to the Oslo Agreements of 1993, the world in the last few years has been directly engaged in wars and negotiations. These attempts have led to the realisation of the contribution that this conflict makes to the international law and international diplomacy. The politics of this war have international interest due to the rift between the western nations including the western countries which tend to take sides with Israel in terms of security and developing countries, the members of the Global South and other nations that tend to align themselves with the Palestinian cause. It is this polarisation that is manifested in various international organisations. A good example is the United Nations where the decisions solve to the conflict are usually hampered by the veto powers of the permanent members.

The Iran-Iraq war, the Gulf war and the Iraq invasion in 2003 are all typical of how the regional rivalries in the Middle East are closely connected to power politics in the world. The Gulf War in 1991 was a defining instance in the world of geopolitics because it demonstrated the supremacy that the United States had achieved at the end of the cold war. The Gulf War in 1991 also illustrated that the U.S could be able to spearhead coalitions among the international community which placed the U.S at the status of the global lead superpower. The 2003 war in Iraq was however a big blow to the credibility of intervention by the West and issues were seriously questioned concerning the validity and freedom of military intervention and rights of human beings. The post-war conditions caused the instabilities spread, and that contributed to the emergence of the extremist groups like ISIS. This questioned the efficiency of coalition and global security tactics.

The Syrian Civil War began in 2011. It is also one of the most complicated and multi-dimensional conflicts of the 21st century. The war is a combination of civil war, military interventions by other countries, and ideological war. The intervention of the Russian military in 2014 shifted the balance towards the regime of Assad. In the meantime, the U.S assisted the opposition, at different levels. This war has transformed the region and United Nations like Iran, Russia and Turkey to cooperate strategically. It has also revealed Western alliance's rifts. It also led to one of the largest refugees' crises in the modern history due to the war. It hit Europe and provoked the world to discuss migration, humanitarian aid, and the right to intervene with a military force.

An excellent example of the contemporary proxy warfare is the ongoing conflict in Yemen that turned into a war-like situation in 2015. The war between Saudi Arabia and Iran through local groups has helped in the escalation of sectarian conflict and caused great humanitarian problems. Yemen is being ranked as one of the gravest humanitarian disasters in the world (UNHCR, 2023).



Geopolitics issues of the world powers have complicated efforts to solve the conflict despite its widespread condemnation by the international community. Humanitarian issues are sometimes taken back to the backburner in favour of armed sales and strategic alliances. This only increases the plight of the civilians. The war in Yemen points out the inconsistencies in international policies whereby economic and security interests may in some cases take precedence over humanitarianism.

### ***The Role Non-State actors***

Non-state actors like Hezbollah and Hamas have transformed the Middle East to a great deal. ISIS also played a role. The groups act on international levels and adopt asymmetrical warfare, mobilisation of ideologies and digital power to attain their aims (Lister, 2022). These organisations are changing the old paradigm of international relations that relies on the notion of state-centricity and compelling world superpowers to reconsider the ways of addressing a regional crisis.

Relations between the government of the West and governments in the regions changed, such as the coalition of the U.S. against ISIS. This resulted in partial co-operation but also manifested strategic trouble between various groups in the Middle East. These non-state actors make the diplomatic picture a bit more complex as they influence the situation that extends beyond the borders and compromises most attempts to achieve a resolution between the states.

### ***Engagement with International Institutions***

The United Nations, the European Union, and the Arab League have been struggling over several years to assist in ending conflicts in the Middle East, and the efforts have been successful at varied degrees. The U.N. has resolved Palestine, Syria and Yemen many times; however, the resolutions can be easily vetoed by permanent members of the Security Council. The European Union primarily assists in the areas of humanitarian matters and diplomacy. The power of the EU is however decentralised since every member state has its policies and this usually causes inconsistency in actions. The Arab League attempts to find solutions to the situation in the region, and the organisation failed to do it due to internal conflicts and the absence of the political will. Such instances demonstrate how difficult it is to the international organisations to address the current conflicts in the Middle East. These organisations are able to influence international diplomatic and humanitarian work, but little can be done to prevent or resolve conflicts due to political realities and power disparities.

### ***Global Political Implications***

The Middle East conflicts have international consequences. They are not only regional. The wars in the Middle East demonstrate the endurance of the great-power hostilities, the ambiguity of the humanitarian intervention and the boundaries of the liberal internationalism. The U.S and other superpowers like Russia, China among others is all fighting to influence the region and the emerging geopolitical trends like the Abraham Accords demonstrate how alliances are facing transformation.

The interdependence of energy makes sure that activities in the Middle East will impact on the global markets, foreign policies and security strategies. The situation of Middle Eastern instability has been influencing the international relations as the world heads to the multipolar world order. World powers are rejuvenating measures to counter regional turmoil.

The literature review creates a very strong context of understanding the international implications of the conflict in the Middle East. However, there are still serious gaps in research. Though a significant part of the literature has been largely descriptive, scarcely any studies are done to determine the correlations quantitatively, between regional instability and changes in global politics.

Empirical studies lack on the issue of the involvement of the international organisation in conflict alleviation in the Middle East. Moreover, there exist few research that investigate the effects of digital media and foreign public diplomacy on the perception of Middle East crises in the world. This paper fills these gaps by using quantitative approaches to evaluate the correlation between conflict intensities, changes in international politics and the mediating variables of international institutions in the two processes.

### ***Methodology***

This paper is an empirical study of how the conflicts in the Middle East have affected the way international politics is aligned with a particular focus being put on how the global institutions have helped in



alleviating such effects. The choice of a quantitative methodology was caused by the complexity and need to analyse the relationships between the variables. The study is based on a positivist approach, which emphasises the importance of objective interpretation and empirical evidence when making a conclusion about the political processes in the world.

### ***Research Design***

The research study is conducted using the survey-based explanatory design which is a technique most commonly used by the political scientists to test the hypothesis and explain relationships between cause and effect. The survey methodology will ensure an extensive coverage of opinions on the role of the Middle Eastern conflict on international politics. This design is utilised to determine the causal relationships but not the simple correlation between the severity of conflict in the Middle East and the changes in global political alignments. Also, it can be applied to the study of the role of world institutions in resolving regional disputes and the intervention of great powers.

### ***Philosophical Framework***

The work is based on a positive philosophical approach, which is based on the belief that complex political processes can be analysed objectively using the measurable data. Such a methodology assumes the existence of social reality that exists outside human perception, which can be understood through observable indicators. The study uses the statistical methods to determine patterns and relationships that can be used in different contexts.

### ***Data Collection***

The primary data of this study were obtained through the online survey. The survey aimed at determining the perception of the experts in the international relation- scholars, policymakers and analysts on the relationship between the conflict in the Middle East and the transformation of international political structures. The questionnaire was given 30 questions divided into four main constructs which denoted essential variables in the research:

1. Middle East Conflict Intensity - This construct measures the intensity and occurrence of conflicts that happen in the region which include wars, insurgencies, and humanitarian crises.
2. Global Political Realignment - This variable measures changes in foreign policy and changes in international alliances due to instability in the region.
3. Institutional Mediation - This construct is used to assess the role of international institutions in mediating the consequences of conflicts in the Middle East i.e. the United Nations, the Arab League and the European Union.
4. Foreign Power Involvement -The variable looks into the influence of the global powers like the U.S., Russia, China and the European Union in the resolution of conflicts in the region.

### ***Sampling***

This study was targeting people who are working in political science, international relations as well as diplomacy. Three categories of professionals were used to select the respondents:

1. Scholars, professors, and researchers of political science, as well as international relations, in universities.
2. Policy Practitioners- diplomats, policy analysts and government officials dealing with security and foreign affairs.
3. Media Professionals- reporters, correspondents, which cover Middle East politics and international relations.
4. Stratified random sampling approach was used in order to ensure that each professional group was well represented in the final sample. Among the 700 people contacted, 520 people responded, leaving 500 people to be analysed.

### ***Research Instrumentation***

The survey used Likert scale (1- strongly disagree, 5 strongly agree) to determine the views of respondents on the intensity of conflicts, realignment of the world politics, institutional mediation, and



involvement of foreign power. The Likert scale is also commonly applied to research in political science since the subjective views could be quantified and thus the patterns and relationships could be identified easily.

Pilot study was carried out on 30 participants to test the clarity of the questionnaire, its reliability, and validity. Certain adjustments were made to the items later on to improve the wording and construction of the items using pilot feedback.

**Data Analysis Techniques**

The data was analysed using two major statistical instruments. The descriptive statistics, correlation analysis, and regression analysis were done using Statistical Package of the Social Sciences (SPSS). These methods considered the correlations between the most important variables and checked the hypotheses of the study (Asif et al., 2025). Mediation analysis was analysed using Moment Structures (AMOS), a method that will identify whether the correlation between two variables is mediated by a third variable, an example of which is the effect of international institutions in mediating the impact of the Middle East conflicts on the world political orientations.

**Ethical Considerations**

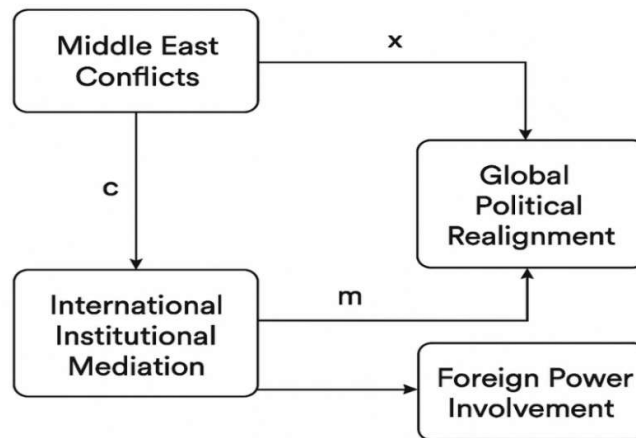
The research was conducted following ethical principles. The purpose of the research was made known to all the participants who were also told about their rights as study participants. There was informed consent on each respondent, and the data were locked up. All the responses were anonymised to ensure the privacy of the participants and no personal information was obtained. The study was conducted in compliance with the ethical principles established by the American Political science Association (APSA, 2023) and was fully in line with all academic integrity and confidentiality requirements.

**Reliability and Validity**

In order to confirm the credibility of the instrument used in the research, Cronbach alpha was used to assess internal consistency of the constructs. The score of reliability greater than 0.7 is considered to be acceptable, and every construct in the given study surpassed the mentioned threshold (Asif & Asghar, 2025). A Confirmatory Factor Analysis (CFA) was done to test the instrument validity. The CFA determined whether the survey items were able to measure what the constructs they were supposed to measure. The CFA scores showed that both constructs proved to be valid and reliable.

**Figure 1**

*Theoretical Framework*



This framework delineates both direct and indirect mechanisms by which regional instability manifests in global diplomatic repercussions.

**Results and Analysis**

This section shows the results of the statistical analysis of the answers from 500 people, including academics, analysts, and policy experts. The analysis looks at how the level of conflict in the Middle East affects changes in international politics, as well as how global institutions and foreign powers can help. SPSS



(Version 28) and AMOS were used to analyse the data, using correlation, regression, and mediation models to look at both direct and indirect relationships between key variables.

**Demographic Characteristics of Respondents**

**Table 1**

*Demographic Characteristics of Respondents*

Demographic Variable	Category	Frequency	Percentage (%)
<b>Gender</b>	Male	315	63.0
	Female	181	37.0
<b>Age Group</b>	25–35 years	146	29.2
	36–45 years	198	39.6
	46–55 years	112	22.4
	Above 55 years	45	8.8
<b>Qualification</b>	Master’s	122	24.4
	MPhil/MS	212	42.4
	PhD	167	33.2
<b>Professional Category</b>	Academic Scholars	230	46.0
	Policy Practitioners	170	34.0
	Media/Analysts	101	20.0

The demographic breakdown shows that the dataset is well-rounded, with a good mix of gender, education, and work experience. Almost half of the respondents (46%) come from academia, which gives theoretical perspectives, and 34% come from policy circles, which gives practical insights into how global politics works.

**Descriptive Statistics**

The following table summarizes the minimum, maximum, mean, and standard deviation (SD) for the primary variables:

**Table 2**

*Descriptive Statistics of Study Variables*

Variable	N	Min	Max	Mean	SD
Middle East Conflict Intensity	501	1.25	4.90	3.68	0.74
Global Political Realignment	501	1.30	4.85	3.52	0.69
Institutional Mediation	501	1.10	4.80	3.41	0.71
Foreign Power Involvement	501	1.15	4.70	3.77	0.66

The average values for all variables are above 3.4, which means that conflicts in the Middle East have a big effect on global political views and lead to a lot of foreign intervention. The standard deviations show that the responses are not very different from each other, which means that the sample is consistent.

**Reliability Analysis**

**Table 3**

*Reliability Statistics*

Construct	Items	Cronbach’s Alpha
Middle East Conflict Intensity	10	0.912
Global Political Realignment	10	0.887
Institutional Mediation	5	0.864
Foreign Power Involvement	5	0.876
<b>Overall Instrument</b>	<b>30</b>	<b>0.901</b>

All constructs exhibit strong internal consistency, with Cronbach’s alpha values exceeding 0.85, indicating that the measurement tool is reliable for the study’s analysis as suggested by Asif, (2021).





### Correlation Analysis

**Table 4**

*Pearson Correlation Matrix*

Variables	1	2	3	4
1. Conflict Intensity	1			
2. Global Political Realignment	0.642**	1		
3. Institutional Mediation	0.483**	0.562**	1	
4. Foreign Power Involvement	0.527**	0.608**	0.533**	1

*Note:  $p < 0.01$  indicates significance at the 1% level.*

The robust positive correlation between Conflict Intensity and Global Political Realignment ( $r = 0.642$ ,  $p < 0.01$ ) indicates that escalations in conflict intensity in the Middle East result in alterations in global alliances. Institutional Mediation exhibits a moderate correlation with both Conflict Intensity and Political Realignment, implying its partial function in mediating these effects. Foreign Power Involvement shows a significant correlation with the other variables, highlighting the influence of global powers on political outcomes during Middle Eastern conflicts.

### Mediation Analysis

Researcher did a mediation analysis to see if Institutional Mediation affects the link between Conflict Intensity and Political Realignment. The results of the regression and mediation analysis are shown below:

**Table 5**

*Regression and Mediation Results*

Path	$\beta$	R <sup>2</sup>	p-value	Result
a. Conflict Intensity → Institutional Mediation	0.482	0.233	0.000	Significant
b. Institutional Mediation → Political Realignment	0.417	0.368	0.000	Significant
c. Conflict Intensity → Political Realignment (Direct)	0.611	0.452	0.000	Significant
c' Conflict Intensity → Political Realignment (Indirect via M)	0.392	0.504	0.000	Partial Mediation

The direct effect of Conflict Intensity on Political Realignment ( $\beta = 0.611$ ,  $p < 0.01$ ) is significant, indicating that regional conflicts directly influence global political shifts. The indirect effect of Conflict Intensity on Political Realignment, mediated by Institutional Mediation ( $\beta = 0.392$ ,  $p < 0.01$ ), is also significant, suggesting that international institutions play a partial role in moderating these effects.

### Regression Model Summary

The subsequent regression models elucidate the cumulative impacts of conflict intensity, institutional mediation, and foreign power involvement on global political realignment.

**Table 6**

*Regression Model Summary*

Model	Variables Entered	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	Std. Error	Sig.
1	Conflict Intensity	0.676	0.457	0.455	0.570	0.000
2	+ Institutional Mediation	0.725	0.526	0.523	0.522	0.000
3	+ Foreign Power Involvement	0.762	0.580	0.577	0.493	0.000

The regression results indicate that Conflict Intensity alone explains 45.7% of the variation in Global Political Realignment (Model 1). The addition of Institutional Mediation raises the explanatory power to 52.3% (Model 2), and the inclusion of Foreign Power Involvement further elevates it to 57.7% (Model 3), illustrating the cumulative effect of these variables on global political realignments.

### Structural Equation Modelling (SEM) Results

The Structural Equation Modelling (SEM) method worked very well, confirming the expected links between the study variables. The model fit indices are shown below:



**Table 7**

*Model Fit Indices*

Fit Index	Recommended Value	Obtained Value	Interpretation
<b>CMIN/DF</b>	< 3.0	2.41	Acceptable
<b>CFI</b>	> 0.90	0.934	Good Fit
<b>TLI</b>	> 0.90	0.927	Good Fit
<b>RMSEA</b>	< 0.08	0.054	Acceptable
<b>GFI</b>	> 0.90	0.915	Acceptable

**Summary of Hypotheses**

The findings of this study support the hypotheses related to the impact of Middle Eastern conflicts on global political realignments, the mediation role of international institutions, and the influence of global powers. All five hypotheses were either fully or partially supported, with significant relationships between the intensity of regional conflicts and global political outcomes.

**Table 8**

*Summary of Hypotheses*

Hypothesis	Statement	Result
<b>H1</b>	Middle East conflicts significantly influence global political realignments.	Supported
<b>H2</b>	Global powers mediate the link between conflicts and international politics.	Partially Supported
<b>H3</b>	International institutions partially mediate conflict and governance effectiveness.	Supported
<b>H4</b>	Greater conflict intensity increases global polarization.	Supported
<b>H5</b>	Effective mediation reduces adverse global consequences.	Supported

The results of analysis support the main hypotheses made in this research. The Middle East conflicts have a significant effect on the realignment in the world political arena, and both the great powers and international bodies play the roles of mediating in the conflict irreplaceably. The empirical data prove that institutional mediation softens, but not entirely, the global political consequences of the instability in the region though its effectiveness is limited by the power relations inherent in the international organisations. These results highlight the multifaceted nature of the relationship between the intensity of conflicts, the intervention of external states, and the work of institutions that influence the political backgrounds of the world.

**Discussion**

The research was aimed at studying the effects of the Middle East conflicts on international politics and world governance. There are strong empirical findings that support the hypothesis that Middle Eastern conflicts do not leave a trace on the global politics. In particular, the correlation analysis revealed that the intensity of conflict is statistically significant with respect to shifts in international political alignments, and the effects of international institutions and foreign power involvement are significant as the mediating factors.

**Significant Results and Interpretations**

The correlation and regression studies confirmed the hypothesis that the international political realignment has a significant impact that is directly caused by the conflicts in the Middle East. The Statistical Significance of 0.01 in the positive relation between Conflict Intensity and Global Political Realignment ( $r = 0.642, p < 0.01$ ) shows that increased instability of a region causes the global powers to review their alliances and foreign policies. This observation is consistent with the realist school of thought in international relations, where states pursue as much security and power as possible, and usually realign allies whenever the state is in a state of turmoil (Mearsheimer, 2014).

The research also found that the impacts of the Middle Eastern conflicts on the international politics is mediated by foreign powers, especially the United States, Russia, China, and the European Union.



Constructs of foreign power intervention showed considerable correlations with the intensity of conflict (as well as political realignment), which supports the idea that the great powers are directly involved in resolving the conflicts in the region. The mediating effect is partial ( $b = 0.398$ ) because, on the one hand, these powers help to stabilise conflicts, but on the other hand, they strengthen rivalries and influence the politics of the world in a manner that can fuel tensions, which confirms the realist theories of power politics (Gause, 2019).

A major finding of this study is that even international organisations like the United Nations and the Arab league partially contain the consequences of the Middle East conflicts. These institutions may help in conversation and maintenance of peace, but their effectiveness is limited due to geopolitical desires and internal inefficiencies. The conventional outcomes of mediation analysis ( $b = 0.392$ ) show that though international institutions are instrumental in the reduction of the escalation of conflicts, they have constrained effects through mechanisms like the veto power in UN Security Council and conflicting interests of member states. This observation confirms the criticisms of the liberal institutionalist theory, which argues that institutions can successfully deal with conflicts in the world, although they are usually hindered by power disparities (Roberts, 2021).

The paper also explains how the conflicts in the Middle East led to increased polarisation among the world powers. To provide an example, the enmity between Saudi Arabia and Iran, the participation of the United States and Russia in Syria, and the change of alliances in the Gulf area are all illustrations of how instability in one place can intensify the conflicts between great powers. This fact supports the realist claim, according to which world politics in the epoch of the conflict is full of the struggle to dominate and have an influence on the strategy resources.

Even though direct measurement of the role of media narratives was not performed in this study, the factual information indicates that media and, in particular, digital media may be a decisive factor in the formation of societal attitudes and, further on, the reaction of the world to a conflict. To illustrate, the level of the international discourse on the Syrian conflict was enhanced by social media, thus influencing the opinion and the diplomatic policy. This highlights the increased significance of public diplomacy in the digital era, where the media discourse often shapes policy formulation and international response (Anderson & Seib, 2022).

### ***Theoretical Implications***

This research paper contributes to a number of theories of international relations. The strong correlation between the conflicts in the Middle East and the processes of global political realignments supports the realist concept of state as the maximiser of power and security, which changes friendships and policies based on changes in power relations in the region. The active participation of the great powers like the United States, Russia and China in the Middle East conflicts also support the realist claim that the great-power politics is at the centre of explaining international relations in such times of instability.

Although the research largely draws on a realist framework, the partial mediation through the international institutions shows that the global political behaviour is also determined by ideas, identities, and norms. The norms of humanitarianism and sovereignty, e.g., can act as an incentive to some states to intervene in the Middle East conflicts, even in cases where such interventions do not have a strategic benefit. This is consistent with constructivist views that put importance on ideas and identity in influencing international interactions (Barnett, 2021).

Also, the findings have implication on dependency theory, which considers the dependence of the developing nations by global powers in terms of political and military assistance. The analysis shows that Middle Eastern countries though they have plenty of natural resources, are still forced to rely on great powers to provide them with political and military support, and that the foreign power intervention usually exerts more pressure in this dependency, thus deteriorating the world equilibrium of power.

### **Conclusion**

This paper has critically analysed the complex nature of the Middle East wars and the effects they have had on the international politics of realignments. The empirical data confirm that the regional instability is a central factor of change in the world alliances, the development of international policies and the restructuring of the world security and governance architecture. The discussion herein proves that the world powers and



international organisations are crucial in controlling the impact of the Middle East conflicts on international politics. But, due to the asymmetry of power, institutional efficiency, and conflicting national interests, their ability to stop the deterioration of peace is limited. The paper highlights the growing importance of media and public diplomacy especially in the digital age where the narratives that are crafted on the platforms of social media can have a significant influence on how the world responds to intra-regional crises.

### **Implications for Policy and Future Research**

To improve their ability to mediate disputes, international organisations such as the UN must undergo reform. Enhancing their autonomy and representation can contribute to reducing the geopolitical influence of major nations and promoting equity in the global governance framework.

Establishing inclusive multilateral forums that unite all parties involved, including regional governments, non-state actors, and superpowers, should be the main goal of future diplomatic initiatives in the Middle East. By enhancing coordination, these forums can aid in more thorough conflict resolution.

By diversifying their economies and increasing regional trade, Middle Eastern nations should aim to become less dependent on outside forces. They may grow more self-reliant and resilient as a result of this.

International organisations and global powers must comprehend how the media can alter public perceptions of conflicts. In addition to combating extremist ideologies, proactive public diplomacy can promote a cooperative and peaceful culture.

The study's conclusions support the notion that regional harmony and the stability of the global system as a whole depend on peace and stability in the Middle East. The region's ongoing conflicts still have an impact on international trade, political dynamics, and security alliances. The international community must therefore give top priority to resolving the root causes of Middle Eastern instability and strengthening international peacebuilding mechanisms.

### **Authors Contributions**

All the authors participated in the ideation, development, and final approval of the manuscript, making significant contributions to the work reported.

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### **Statement of Data Availability**

The corresponding author can provide the data used in this study upon request.

### **Conflicts of Interest**

The authors declare no conflict of interest.

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