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Keywords: Palestine, Israel, Conflict, Security, Realism

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Palestine-Israel Conflict through the Lens of Realism



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Abstract

This article discusses how power dynamics, national interests and security concerns determine the Palestine-Israel conflict, through the two sides' actions. The study draws on principles of realist thought, including the sovereign voice of the state, the balance of power and self-help in evaluating historical and contemporary motivating forces for the conflict. This examines the link between Israel's efforts for territorial security and Palestinian pursuit of statehood as being predicated on opposite national interests. The article makes use of secondary sources and uses a qualitative analysis to show the importance of military strength, alliances and regional instability. The pragmatic lens of realist perspective helps explain the persistent deadlock because both parties care extremely about survival and self-interest and not willing to cooperate. In the end, the article makes the argument that any lasting peace in the region cannot be addressed without resolving these core realist concerns.

Keywords: *Palestine, Israel, Conflict, Security, Realism*

Introduction

The Israeli –Palestinian conflict refers to the political and military fight on the territory. The affairs of interests include West Bank and Gaza Strip, Jerusalem, settlers, borders, security, water, permission, mobility and refugees rights. It is a serious problem that originated from the late 19 century and the beginning of the 20 century when Jews and Arabs nationalism erupted in the zone. It was during this era that reference to Zionist movement that seeks to establish a national Jewish home in Palestine became vocal especially due to rampant acts of anti Semitism in Europe. At the same time Arab nationalism gradually rose from foreign influence in impacting Palestinians and in the growing immigration of Jews. Another reason that escalated tension between the two groups was the Balfour declaration of 1917, which sought to support the settlement of those Jewish people in the region of Palestine (Rehan, 2023).

The arriving League of Nations gave Britain the Mandate of Palestine to regulate the immigration and purchase of land by Jews which boosted the Arab incite and physical menace. It is evident that the war was a series of riots, wars and conflicts mainly caused by the clash of the National interest hence the United Nations partition plan of 1947 with divided Palestine between Jewish and Arabia states. Since the leaders of the Arab sponsored this partition plan, the Arab-Israeli War started immediately after the announcement of the State of Israel in 1948. In this war about seven hundred thousand Palestinians were forced to flee their homes and the event was called Nakba meaning catastrophe which created long term refugee issue.

In the next decades the conflict situation was further developed and the wars and uprisings and attempts at peacemaking went on. The Six-Day War in 1967 led to Israeli control of West Bank, Gaza Strip and east Jerusalem – areas that form core of Palestine's nationalist project. The Palestinian Liberation Organization (PLO), which was founded in 1964, became the main organization to speak on behalf of the Palestinian people and fighting for Palestinians' right to self-determination and the right to form an independent Palestinian state (Badarin, 2017).



However, to date, the conflict has never been resolved with various efforts being made in the 1990s such as the Oslo accords to find a solution, which basically sought to provide limited form of Palestinian autonomy. Issues that remain sensitive include control of Jerusalem, the refugee question, territorial questions and the question of security. Israeli occupation, the increment of Israeli settlements in terms of area in the West Bank and the near complete seal off of the Gaza strip has worsened the situation, which has led to considerable humanitarian issues affecting the Palestinian population (Wintrobe, 2013).

But in recent years, the conflict has both regional and regional and international forces such as the realignment of the Middle Eastern states, involvement of extra-regional powers and emergence of political Islam. The change in status of Palestine and Israel into diplomatic friends of the United Arab Emirates and Bahrain respectively has raised a lot of concern about the prospect of a two-state solution for Palestine (Badarin, 2017).

In the modern world, there is still a great deal of antagonism between Israel and Palestine, which periodically experience outbreaks of hostilities and suffering of ordinary people. It is clear that the legacy of past conflicts, nationalism and strategic considerations strike still today pressing problems for peace consolidation. It is because without appreciating the sociopolitical nature of this conflict, it will be almost impossible to find the way towards rebuilding the relationships between the two communities (Wintrobe, 2013).

Problem Statement

The Palestine-Israel conflict is a seemingly never-ending geopolitical black hole of a struggle, where violence and entrenched geo-politics have been the ways of the land for the better part of the past century. Brought up short of end, despite all international actors' efforts to broker peace, the conflict has not been overcome, with all sides firmly entrenched. This persistent deadlock is pushing critical questions forward about the root causes driving this conflict and their prospects of a sustainable resolution. From a realist perspective, the conflict can be seen as a struggle for power, security, and national interests amongst Israel and Palestine, where both Israel and Palestine put survival and sovereignty over the diplomatic process.

Research Objective

- To analyze Palestine-Israel conflict through the lens of Realism

Methodology

The research design that was adopted in this study is qualitative in nature that attempts to explain the complexity of the conflict more by using theoretical explanation than using quantitative data. The study uses secondary sources of data based mainly on the analysis of the academic literature, historical records, policy reports and the expert analysis.

Theoretical Framework

The theoretical framework of this article draws from the theory of realism arguable most important approach to international relations. Realism when applied to the Palestine-Israel conflict gives a lens through which to see why both sides place emphasis on military strength, territorial control, and political alliances.

Historical Background

The land that is now Israel and Palestine was a part of the Ottoman Empire up until at the end of 19th century, where one found Muslims, Christians as well as Jews coexisting reasonably well. At that time no clear cut political structures for Jewish or Palestinian nationalism existed. But the situation had shifted with the advent of nationalism in Europe and with the breakup of empires (Rehan, 2023).

The roots of the conflict may be traced down to Zionism mobilization in Europe and the initial Jewish immigration to Ottoman Palestine in 1882. The regional Arab population gradually began to resist Zionist colonization, mainly for the reason of fear of demographical and territorial displacement. The Zionist movement was given backing of an imperial power in the form of the British support declared in 1917 Balfour declaration called to support a Jewish home in Palestine. After occupying the formerly Ottoman ruled territory in the course of World War I the British created Mandatory Palestine. Jewish immigration rose further, and

relations between Jews and Arabs became strained escalating to violence. An Arab revolt for independence free from British support for Zionism began in 1936 and was crack down by the British. Finally rising conflicts escalated tensions and forced the UN to pass a partition plan in 1947 which caused civil war (Badarin, [2017](#)).

In more than half of the population that constituted the mandate predominantly Palestinians Arabs the war that took part in 1948 forced or ejected them from their homes by the Israelis. At the end of the war, Israel was seated on most of the territory of the former mandatory, while Egypt was in control of the Gaza Strip and Jordan in the West Bank. The immediate background of the conflict is that since the Six Day War of June 1967 Israel has been occupying the West Bank and the Gaza Strip, known collectively as the Palestinian territories. The Palestinian uprising against the Israel and the occupation took two expressions in 1987 and 2000 known as intifadas one and two. Israel is now the longest serving occupying power in modern history and it has been building settlements there and has established a regime of separating Palestinians in occupied territory into two groups: those this is allows live in “Jewish-only” settlements and those this is subject to an institutionalized system of inferiority, referred to as Israeli apartheid. Israel has been condemned worldwide as having tortured the Palestinians’ human rights (Wintrobe, [2013](#)).

Since the 1980s the majority of international actors, except the US and Israel, if stipulated from accepting the compromise bearings which were a two-state solution on the June 4th 1967 lines and a just solution for Palestinian refugees. The US and Israel have however relied on bilateral diplomacy than solving the conflict with the trappings of international law. This has in recent years been accompanied by reduced popular support for a two-state solution, which has increasingly come to seem an aspiration of Israeli policy not directed at achieving the end of the occupation. In January 2007, the Israeli authorities brought the Gaza Strip closer to a complete embargo and made their policy of the geographical separation of the Strip from the West Bank official. Since then, Israel has presented its mode of operation with Gaza as a question of laws of war not as an occupying power. In July 2024, this position was rejected by the International Court of Justice by giving an opinion that the Palestinian territories form one political entity and Israel retains an unlawful control over the West Bank and Gaza Strip. The court also decided that apartheid regime’s policies infringe on the International Convention on the Elimination of All Forms of Racial Discrimination. There has been a fight between the parties for five times and this fifth war started in the year 2023 and is ongoing (Aydin, 2025).

Core Principles of Realism and the Israel-Palestine Conflict:

Anarchy and Security Dilemma

Realism argues that the international society is without order; there exists no central authority to provide resolve to conflicts or apply justice on state offenders. In such a system the state can only depend on itself, hence a continuous search for security amongst state within the anarchy system. This policy-making goal normally escalates to the security dilemma whereby, steps taken by one nation to bolster its security effectively threatens the security of other nations which in turn also fortify their security which thus turns the cycle of security into a cycle of insecurity.

Emphasizing the strategic pressures influencing the Israeli-Palestinian conflict, the main actors on both sides of the conflict operated under a perceived security environment at every level. Modern state of Israel after its creation in 1948 has met with physical threat in shape of wars from the neighboring Arab states and Palestinian groups who deny its legitimacy. This has made Israel to shift much focus on security and has created one of the most formidable militaries in the region and quest for partnership with super powers especially the united state. Anything related to the security of the Israelis has always meant that the Israeli government would go over the top, this has been manifested in military occupation, expansion of the settlements and construction of barriers (Shehadeh, [2023](#)).

On the other hand, Palestinians, both in West Bank and Gaza Strip living in an Israeli military occupation regime and seeing themselves as under an existential threat to their nation and statehood. This has precipitated resistance in different ways, civil disobedience and political agendas and guerilla warfare. Thus, to Palestinian groups and particularly Hamas in Gaza, the actions of Israel aimed to enhance security of the state pose threat to the security and sovereign Palestinian territories. The result is a classic security dilemma: measures adopted by Israel to boost up its security yield reactions from Palestinians and consequently create more security measures by Israel (Muduli., [2025](#)).

Power Politics and the Balance of Power

There are also other beliefs of realism, for instance power politics, and balance of power. Is States as self-help actors pursuing power seeking in order to assure their existence in an untamed world?" In understanding the nature of the continuation of the conflict between Israel and Palestine, power balance has remained one of the key determinants of the direction of a conflict and its periodic upheavals (Shehadeh, [2023](#)).

Militarily, economically, and diplomatically, Israel with its state of the art weaponry and cutting edge technology and support from the super power of the United States clearly has the upper hand over the Palestinians. This has provided asymmetry that has enabled Israel to embark on policies that cement its authority over the disputed areas including West Bank and East Jerusalem. For interpretation, Realism can explain Israeli expansion and establishment of settlements in the West Bank as a way of strengthening its security and authority over territory to favor it against the Palestinians (Wintrobe, [2013](#)).

For the Palestinian, the balance of power has influenced the manner in which they have been able to fight against Israel's domination. Due to the absence of an official armed forces Palestinians have resorted to guerilla warfare, terrorism as a way of countering power of Israelis. Organizations such as Hamas and Islamic Jihad who have a policy of not recognizing the state of Israel and participate in the use of force does so under the realist understanding that states will use the tools available to gain parity against a powerful opponent such as Israel. This can also be analyzed as a strategic process of the two sides trying to renegotiate the distribution of gains from cooperation designed by the channeling of resources into violence (Nazir et al, [2022](#)).

National Interest and Self-Help

There is an assertion that the behavior of the state is determined by a set of factors that entails the needs of its own preservation and protection. There is no supreme power that can compel states into compliance or follow certain rules that can lead to co-operation; power has to be compelled by self-help where necessary. The stakes of the conflict consist both in the historical and territorial representations and in the desire of each party to gain recognition of their state.

For Israel, the primary national interest is the security of the state of Israel and survival of world Jewry. This interest has shaped the Israeli's foreign and domestic policies, its military takeover of the West Bank, its administrative control of East Jerusalem and security measures in Gaza. Self-help, which is one of the principles anchored on realism, has been the driving force behind the military might and intelligence gathering ability of Israel as well as forming strategic partnership in an unfriendly Middle East neighborhood (Ezugwu, [2023](#)).

Israel Palestine Conflict through the lens of Realism

The Israel-Palestine conflict is certainly among the world's most enduring and difficult political conflicts to resolve because it is largely explained by realism in part because realism gives considerable weight to power and security and state interests. The realist belief in the anarchy international system is solidified realist 'direction' that states are to survive, secure and keep power within a 'smart self' to achieve their national interests. Realism helps us to come up with their motivations and actions on both side of the Israel-Palestine conflict as well as how international and regional dimension plays their role (Ezugwu, [2023](#)).

Israel and Palestine conflict has its the oldest roots in the first half of the 20th century when Jews and Arabs competed national aspirations for their own areas. Immediately after the formation of the State of Israel in 1948 neighboring Arab states rejected its existence, fearful that a Jewish state would uproot the Arab Muslim demographic and cultural fabric of the Middle East. In realist terms this was an Arab opposition to what was perceived, not unusually, as a security threat to security interests in the region. Subsequent was saw wars in 1948, 1967, and 1973, which contextualized Israel and Arab neighbor realist security, survival and power balance. These wars gave Israel its victories, opening the way to more territory, the occupying of the West Bank, Gaza, Sinai Peninsula, and the Golan Heights all crucial to the Israeli/Palestinian dispute and the wider Arab-Israeli conflict. According to Realism, Israel's conquest of captured land does not mean abuse of violence but, rather, security measures aimed at validating defensible borders in a hostile land where the attack of Israel's neighbors threatened existence (Ashraf, [2023](#)).

The concept of the security dilemma was central to understanding the sheer folly of the Israel - Palestine conflict and important for realism. If an action of one state increases its security, then it makes the security of other states worse, and an arms race or escalation is commonly the end result. Instead, this provides Israel security against its potential attackers, and a strong military as well as occupying territory, like the West Bank. Palestinians and other Arab states say these moves are aggressive and expansionist — and therefore constitute a provocation requiring counterbalance to Israel's power. Resistance movements and militant groups such as Hamas are needed because occupation and overwhelming military power overwhelm Palestinians. This is a cycle of distrust and hostility so difficult to break one has to inevitably upset the underlying power dynamics and each side's security and self defense measures become a threat to the other (Muduli., [2025](#)).

The fact of the matter is that Israel is basically taking as much security as possible in an inhospitable environment that they have to in realist terms because they have to. For instance, the occupation of the West Bank prevents militarily threatened elements to the east, while illegal annexation of East Jerusalem reaffirms Israel's commitment to retain political and strategic control over its historic and canker sore. Realists hold that the actions had much more to do with rational calculations for Israel's existence than ideological ones. For Palestinians, however, Israeli rule of these territories has been they see an insult to their sovereignty and an existential threat to developing their own independent state. Palestinian opposition, however, happens to be realistic: After all, it responds in kind, forming in response to what it views as encroachment on its rights and territory and that becomes a zero sum struggle (Ezugwu, [2023](#)).

On the other hand, Israel Palestine conflict also has another aspect, which resembles realist principles just about the alliances and the external powers. In this realist approach to security, alliances are a given. This is indeed a real and pragmatic way to give an influential ally to a region Israel is surrounded by in most historically hostile neighbors and lacking in quantity. The 'trying space' of Israel is strengthened through the US Alliance which assures Israel of a deterrent against its foes. The support for Israel on the part of the United States is not driven by expertise or morality, but rather by realist calculations of affinity for a region that is vital to the world's energy supplies and the stability of which promotes American strategic interests (Aydin, 2025).

Palestinians historically clung to Arab countries or lately non state and countries hostile to U.S. dominance over the Middle East, including Iran. Although the Arab world's stance of Palestinian statehood and disavowing of Israel in Arab states has changed in many Middle Eastern states over the last few years, this is yet dictated by the same sophisticated rational actor that Arab states seek to control Israel's strengthening and gain the upper hand. Taking for instance Hamas and Hezbollah in Iran, it plays a strategic role in challenging U.S.-Israeli influence in the region. According to realism these alliances are proxy for pragmatic regional actors who prefer to cleverly the take advantage of their declarant and counter the role of local rivals who are not ideologues but competitors for local market share (Nazir et al., [2022](#)).

Realism also seeks to explain how beyond ideology (in the sphere of ideology), interests behind nationalism and identity are employed to serve the goals of the state and to profess power. Israel's national identity is based upon Zionist presence and its historical claim to the land of Israel; settlement expansion and control of territory. In Realism such policies are read as strategic means of Israel's maintaining its hold on territory which is so vital to Israel's national and historical identity. This also portrays the internal unity of the Israel as well as explaining their actions of control towards areas they need to feel is part of the Jewish heritage of Israel (Tarzampour, [2025](#)).

In fact, the struggle on the Palestinian side is nationalism and self determination. A realist pursuit of sovereignty and control over their destiny, a seeking of a Palestinian state, the product of a cultural or ideological aspiration is a realist aspiration. With the help of Palestinian nationalism as a mobilizing force, nullification of the occupation and strengthening of the Palestinian position in the negotiations is maintained. The Palestinian nationalism is that the nationalism of the Palestinians is a strategy of deception in order to counteract Israel's strength and control over them, as nationalists in the collective level benefit from the same also and the same tries to justify their demand for a state (Ezugwu, [2023](#)).

In turn, the principle of realism only exacerbates conflict involvement of both Russia and United States in the conflict. The US is Israel's principal ally that must play a critical role in maintaining Israel as an immeasurable military and diplomatic superpower. However, it's an American strategic interest based on this relationship in a region in which Israel is a trusted partner, an unstable and competing power. In terms of being realist, U.S. interests over ideological issues (Nazir et al., [2022](#)).

Russia also supports Palestinian factions at times, and serves as an often used counterweight against U.S. influence in the region; realism. By siding with those who oppose U.S. and Israeli dominance in that endeavor, Russia hopes it can further expand its power and challenge American hegemony in the Middle East. It's not intrinsically unsolvable; it's not that there's no way out; the tragedy of intractability comes from the fact that these superpower dynamics keep the status quo going — the United States and Russia all support their respective allies at the same time, because the latter, historically, have prolonged the conflict. Realism argues that external intervention really just prolongs such conflicts by providing resources, military support and diplomatic support to its supporters who help both sides remain firm and not give in to conflict (Ezugwu, 2023).

Placing this story of repeated failed peace efforts in the Israel-Palestine conflict within a realist framework that centers power, in this case, security provides a context relevant for understanding. Throughout the Oslo Accord, the Camp David Summit, and any U.N. initiative, no lasting solution has been forthcoming. These were realities, failures, which each side held to be equally inevitable, the product of each side's underlying security concerns and national interests, none of which was willing to surrender. Borders, settlements – and Jerusalem – are perceived to be potential threats to Israel's security and very existence. But they don't want to see any compromise with territorial issues, the right of return and sovereignty in its capacity of an intolerable limitation of their own ambitions for a sovereign statehood and independence. Realism therefore explains that since each side gained in having that position be or not having to agree to conditions that will cripple that position, neither is going to give that up and they will stay there in an impasse (Nazir et al., 2022).

Finally, from the realist's standpoint, the continuing military engagements, be they periodic face offs between Israel and Hamas, are viewed as the result of unresolved security dilemma. Israeli self defense actions against current threats of Hamas which is known to launch rocket attacks against Israeli territory are justified as military actions against Gaza. But Hamas says it views its military actions as a form of resistance against Israeli occupation and assertion of Palestinian rights. For its part, Realism finds that these hostilities are rational, justified calculations on the part of both: They each need to show strength, to protect their populations. These cycles of violence are predictable and hard to break, in this anarchic environment in which each actor is on his own to protect himself (Tarzampour, 2025).

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Finally, realism concludes that the very odds of resolving Israel and Palestine's conflict as portrayed are slim until more fundamental shifts in power and security variables or an appreciable degree of reassurance to answer the parties' existential fears, among others. Until Israel's security doctrine of preserving a qualitative military edge, while retaining a strategic hold on territories, is jeopardized by the perception that it is under external threat to its survival, its policies will continue to be based on it. In most cases, Palestinian resistance, or pushing toward the statehood, most likely, will go on as long as Palestinians are convinced their current situation is an injustice of their rights and sovereignty. Realism claims that without drastic alteration in these calculations, such conflict will continue, wracked by tension (Ezugwu, 2023).

Analysis of the Israel-Palestine Conflict

Realism, the essence of which is rooted in the assumption that international system is anarchic, with no global sovereign to provided order and power. In this type of system, the focus is on states coming up with means all by themselves in a bid to survive. In the case of Israel and Palestine the power and security has been central factors in the conflict (Nazir et al., 2022).

This analysis of the concept proves that there is element of truth in realism contention that security dilemma has greatly contributed to persistence of the conflict. A key characteristic of a security dilemma is that one side believes that any increase in its security is at the expense of the other side's security, which in turn, creates a process of spiralling security competition. Thus, for example, the construction of the security barrier in the territory of the State of Palestine and the military operations conducted in the Gaza Strip are considered by Palestinians as aggression, which in turn justifies further action. On the other hand, Palestinian rockets and militant actions pose security interests to the Israeli state that are considered a threat to its existence which in turn leads to invasion and blockade. This cycle of action and reaction portray the realist perception of security as a game in which one player wins at the expense of the other (Ashraf, 2023).

Realism also provides a significant account to the part that leading powers play in guiding the interactions and the conflict styles of the junior states. In the conflict between the state of Israel and the Palestinians it is the forces from outside the region especially the United States that intervened and dictated the strength between the two sides (Khan, [2022](#)).

The intervention of great powers in the conflict has deepened the power imbalance between the Israeli state and the Palestinians, as the former receives the support of the hegemons of the global real-politik as compared with the uncoordinated and less effective support that the various Palestinian factions receive. This has added more to the difficulties in isolating a solution to the conflict as different great powers have their own unique interests to safeguard regardless of the need for security in the region (Ashraf, [2023](#)).

The struggle to control territory and identity between the Israelis and Palestinians has been one of the oldest and violent in the worst global political arenas. An understanding of this conflict using the mainstream school of international relation, which is realism, provides an understanding of the nature of the conflict as a power conflict between two parties- each seeking its own survival, seek to increase its power base and seek to control strategic resources. Realism that holds that the international system is anarchic and so lacks an arbiter to compel compliance provides a picture of how actors in this extremely violent and complex conflict, state and non-state, operate (Tarzampour, [2025](#)).

Reasons for trying to solve the conflict have been numerous but the results have been meager most of the times. There was optimism in the 1990s Oslo peace agreement but the process failed to progress because of fresh mutual suspicion, aggression and particularly the assassination of the Israeli prime minister Yitzhak Rabin. Post this, the peace process has been again marred by intermittent humor and violence issues in form of wars in Gaza, continued construction of settlements, and ever shifting political alliances internal among Israeli and Palestinian leaderships (Hallward, [2010](#)).

More recently, international engagement has changed, certain Arab countries have moved to recognize Israel (UAE and Bahrain in the Abraham accords) without addressing the structures of the conflict. As for the Palestinian side, they are politically split between the Palestinian Authority in the West Bank and Hamas in the Gaza Strip, which does not allow for a coherent Palestinian stance in the negotiations (Khan, [2022](#)).

Conclusion

To conclude, realism perspectives when applied to the concept of Israel Palestine conflict, show how power cuts across this enduring struggle. The stress on national interests, security, and anarchy of the international system reveals the obstacles to the attainment of goals in the Israel-Palestine conflict. The policies and the military course of action of the Israeli state can be viewed as defensive only if one takes into account the fact that the state of Israel has been in constant danger of being eradicated from the face of the earth. Since the early 1990s however, the Palestinian political entity is characterized by internal division and external pressure. Another question that advises the picture is the involvement of great powers such as United States of America because their political priorities always come before the interest to Palestinian people as Refugees. Finally, an analysis of conflict establishes the fact that power and security remain fundamental elements that both sides need to engage in before getting to the resolution of the conflict. There is a little hope for the latter in the absence of a radical reshuffle within the political and military scripts of power relations that continue to determine the conflict dynamics as each side hangs on to its national agenda and security regime. Israel has been using navy drive, reliable allies and territorial acquisition as strategies that befit a rigorous and dominant rogue since it is the receiver of aggression. Since Palestinians are more vulnerable, they have employed the tactics of guerrilla and resistance and fight for their rights and state establishment against the dominion of Israel. In addition to local actors, the United States and Iran have joined the conflict, thus strengthening the role of power relations that fuel the conflict.

Realism can be considered a helpful lens to analyze why conflict between Israel and Palestine has been going on for so long. This is why the basic principles of realisms concerning power, security and national interest can explain both the actions of the two conflicted sides as well as those of the external actors. However, realism also points out that the attainment of a sustainable peaceful coexistence will remain a prime challenge so long as the two warring factions are inclined to identify security in terms of territory control and might. If

there is no dramatic change of the balance of forces or, at least, the beginning of the new security dialogue considering the interests of Israel and Palestinians, the conflict will remain ongoing.

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