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## **Palestine and Israel Conflict Humanitarian Crisis in Gaza**

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### **Abstract**

The prolonged and contentious Israel-Palestine conflict continues to express itself in the form of severe humanitarian crises. It deals with a complex relationship of influences between the experience of civilians networked with displacement, availability of basic necessities, and psychological trauma on those affected. It includes interdisciplinary methodologies such as qualitative interviews, analysis of humanitarian reports, and historical review, to provide a holistic context of this clash in human form. The study further examines the structural and systemic constraints in which humanitarian organizations operate in the region around issues of health care, education, and shelter. The focus is on the experiences of those directly affected by the situation, encompassing narratives that show resilience in difficult circumstances. The research evaluates the actions and policies of actors-irrespective of their agenda-that aggravated or mitigated suffering, shedding light on the geopolitics of the situation that led to cyclic suffering. This thesis aims at contributing to the academic circle as far as conflict resolution is concerned, giving focus to the urgent need for a humanitarian-centered approach to the conflict. The integration of empirical findings with concepts of human rights and international law underlines the search for durable solutions that put dignity and the general welfare of all stakeholders first. This paper aspires to inform policy and advocacy-for greater realization and operationalization that

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might help lessen the human suffering emanating from the Israel-Palestine conflict.

**Keywords:** Humanitarian, Crisis Israel-Palestine Conflict, Displacement, Conflict Resolution, International Law

## Introduction

The long-running Israel-Palestine conflict is one of the most complex in modern history. The conflict can be traced back to the early 20th century when tensions between Jewish and Arab communities in Palestine rose, which was then still part of the Ottoman Empire. The tensions received yet another boost with the Balfour Declaration, in which Britain expressed support for the establishment of a “national home for the Jewish people” in Palestine. Since the Arab population of the region was mostly local, land fears and loss of autonomy were pervasive within the Arab community. During World War II, the Holocaust further damaged caused the situation to deteriorate in Palestine where Jews, as refugees of the Nazi regime, entered in great numbers and the conflict for land and political superiority escalated. In order to solve this conflict, the UN suggested dividing the country into two states for Jews and Arabs respectively, and Jerusalem becoming an international zone in 1947. Although the Jewish leaders accepted the plan, the Arab leaders rejected it, stating that it favored the Jews. In 1948 the State of Israel was established and the first Arab-Israeli war, from which hundreds of thousands of Palestinians were displaced in a catastrophe (Nakba) that has not yet ended. Today, the refugee problem is about these people and their descendants who have been displaced. This has been decades of war, of cycles of wars, of cycles of uprisings and cycles of peacemaking. Other issues of conflicts contributing to this include disputes regarding the borders, the status of Jerusalem, security issues, the plight of Palestinian refugees and the settlements of Israelis in the occupied West Bank. Both sides have a deep historical, emotional and religious relation to the land, which makes the work to find a sustainable solution rather difficult. This conflict has indeed left its time with a severe and multilevel humanitarian crisis. Palestinians in West Bank are occupied and live in Gaza strip, facing an entirely repressive situation including restriction of such rights as movement and access to essential resources, and are always prone to violence. It is one of the most densely populated and poorest areas in the world, and Gaza stands out particularly. All the infrastructures have been systematically destroyed by chapters of blockade and military confrontations making little or no healthcare education, or clean water available to its residents. Also, there is psychic damage to the civilians who have suffered years of violence. First, for the Palestinians, they face an uncertain, fearful and traumatic daily struggle with military operations and home demolitions, and arbitrary arrests. There is also fear and trauma amongst Israeli citizens due to the rocket attacks and the fear of threat of violence. They already enter a vicious cycle of fear and distrust that supports this long running conflict.

This is a crisis that befalls children, who are the most vulnerable victims. Palestinian children live in crowded refugee camps where the level of living is poor and the conditions are becoming overcrowded. Usually, the violence and political instability disrupt the quality

education available. Children in the Israeli cities near the Gaza border get used to air raid sirens and the psychological pressure of living in an area of fighting. It also raises troubling long term repercussions on the children's mental health and opportunities in the future. Overcoming the hurdles to international efforts to deal with the humanitarian crisis has been huge. It can be incredibly difficult for humanitarian organizations in the area to deliver aid due to security concerns, bureaucratic bottlenecks, and notably, limited funding.

While civilian rights have gotten formal recognition under international laws, enforcement mechanisms have traditionally been weak, and most of the time, violations go unaccounted for. Even more troubling are the contradictions that emerge among the interests of external powers that wish to intervene and the regional actors, increasingly, their interests differ from the needs of the population affected by the conflict. Humanitarian relief and human rights advocacy have been made on several fronts, including by grassroots movements and non-governmental organizations. While such efforts are commendable, they are insufficient to deal with the enormity of the crisis. Part of the solution will need to include changing immediately for humanitarian necessities and the political will to address the causes of the conflict. Issues like the Israeli occupation, the development of settlements and of Palestine's statehood proposal raised alongside security concerns for Israel are more than just an addendum. The international community has donned the battle gear in the form of mediation work to find a peace settlement; however, little progress has been made. Agreements like the Oslo Accords in the 1990s brought hope for a two-state solution but remained unable to overcome the centrally problematic; ongoing expansion of Israeli settlements and fragmentation of the political leadership within the Palestinian camp have worsened peace prospects .

The humanitarian toll exacted by the remain will bridging any approach towards looking at human rights into re-analyzing the struggles for human dignity. Nevertheless, political solutions may often take some time; therefore, some measures shall be taken immediately to ensure the savior of lives- lift blockades, guaranteed access to medical services, and catered attention for refugees. Urgent international cooperation and mutual commitment to justice and fairness shall create a solid footing toward a final establishment of a peaceful settlement.

### **Historical background**

The origins of the Israel-Palestine conflict are rooted in the multi-religious, ethno-cultural, and political significance of Palestine. It has been a crossroads of civilizations and has been claimed by several empires and religious groups over the millennia. The reason it is deemed important is because of its religious importance to Judaism, Christianity and Islam and its great strategic significance in the Middle East. The late 19th and early 20th centuries were a time when there was a rise in various nationalist movements. The Jewish nationalist movement, known as Zionism came into being as a response to the growing threat of anti-Semitism and persecution of the Jewish faith based populace in Europe and manifested with an aim to establish Israel as a homeland for every person of the Jewish faith. At the same time, Arab nationalism caught on as a movement concentrating on the cultural and political

unity of all Arab people, including those in Palestine. This was at the time when Palestine was controlled by the Ottoman Empire, which had ruled the region for centuries. Nonetheless, the fall and the disappearance of the Empire in World War I caused a power vacuum. The watershed in Arab – Jewish relations occurred in 1917 when the Balfour Declaration, from the British government, supported Palestinian Arabs by agreeing to establish a 'national home for the Jewish people' in Palestine. The declaration, always viewed as a betrayal by Palestinians was a foreseen displacement of themselves from their own land, shedding their own autonomy. Britain took control over Palestine under a League of Nations mandate after World War I. During the course of the Holocaust and rising tide of anti-Semitism in Europe, Jewish immigration to Palestine went up from 1920 to 1948. With the growth of Jewish communities came the development of economic and political structures, which led to ever-increasing concern among the Arabs. Clashes between the two grew increasingly common as the public of the land vied for territorial occupation and common recognition. The UN proposed a partition plan in 1947 to help settle the conflict. The plan aimed to establish two states—one for Jews and one for Arabs, with Jerusalem as an international city. While this plan was accepted by the Jews, its rejection by the Arab leaders was based on their belief that the plan was unjust and illegitimate. The breakout of violence in advance of the plan and its implementation culminated in the withdrawal of British forces in 1948 and the declaration of the State of Israel. The declaration of Israel caused the Arab-Israeli war of 1948-1949 to be fought. Neighboring Arab states- Egypt, Jordan, Syria, and Iraq-invaded the newly declared state, but forces from Israel successfully retained the territory. Consequently, Israel expanded beyond the territorial limits specified by the United Nations. This was known as the Nakba-or "catastrophe" to Palestinians.

because more than 700,000 Palestine Arabs had been expelled from their homes during the fighting. Many of them became refugees and never returned to their homes, and this issue remains core to the conflict to this day. The war's aftermath left Palestine divided. Most of it fell under Israeli control, Jordan annexed the West Bank, and Egypt controlled the Gaza Strip. The armistice intrigues never established lasting peace; the region remained rife with tension. Over the next two decades, Palestinian nationalism flourished, leading to the formation of bodies such as the Palestine Liberation Organization (PLO) in 1964, which sought to develop an independent Palestinian state. The conflict intensified further in 1967 during a brief, intense war known as the Six-Day War. Taking a preemptive strike against its Arab neighbors, Israel captured the West Bank, Gaza Strip, East Jerusalem, the Sinai Peninsula, and the Golan Heights, ushering in the official state of occupation of Palestinian territories by Israel, a most controversial point till today. The occupation has severely restricted the provision of rights to Palestinians while the Israeli settlements are rapidly encroaching upon the territory, aggravating tensions. While occasional flurries of negotiation have yielded results, the intermittent engagement of the two parties has largely failed. The 1993 Oslo Accords marked an earnest attempt to feature a peace process, discussing a two-state solution and the creation of the Palestinian Authority for governance in parts of the West Bank and Gaza. However, issues comprising borders, the status of Jerusalem, and the

right of return for Palestinian refugees were left unresolved; subsequently, the peace process fell apart before 1993. The Second Intifada (2000-2005) further heightened distrust across both parties. As a result, the history of the Israel Palestine conflict is thus colored with this cycle of violence, displacement and failed negotiations. The tensions that bedrock the conflict today have lodged themselves in chants for greater recognition of competing nationalisms, victimhood narratives that saturate public perception, and continued aggressions by both sides. Understanding this history will be important in cognizing the current humanitarian crisis and any paths toward peace.

### **Rationale of Research**

The Israel-Palestine conflict represents one of the hardest and enduring challenges in global affairs, rendering it highly rational and necessary for research. Knowledge of this conflict is fundamental for two reasons: first, it would shape the lives of millions of people in that part of the world; second, it would have repercussions beyond the immediate effect of war on international relations, human rights, etc. At stake are massive humanitarian crises. Millions of Palestinians are living in the West Bank and Gaza Strip under occupation, facing daily threats to their survival in the form of restricted movement and poor access to health and educational services. Refugees displaced on account of the hostilities have lived for several decades under unhealthy and inhumane conditions in camps. These problems warrant further exploration of the causes and mechanisms underlying the continued crisis. Research may lead to the identification of possible strategies for alleviating the situation. Critical complexity explains the viability for this in terms of an object of academic inquiry. Various aspects of conflict underlie the animosity between the two parties, including the historical grievances; the religious and cultural significance attached to the unfolding; economic deprivation; and political power play. Such inquiries shed light on the evolution and persistence of international conflicts, providing suggestions on how to resolve environmental conflicts all over the world. Learning from the Israel-Palestine conflict might give clues for other locations wherein the disputes consist of territorial, religious, and ethnic implications. Another reason which gives credence towards this research is the global impact this conflict has created. For decades, the Israel-Palestine conflict has driven international policies and set up new bands of alliances. Central to the politics of the Middle East, its aftershocks can be felt on the ranges of bilateral relations in the area and probably the world. It has long triggered debates on international law and human rights and the role of the United Nations Organization. By analyzing the affectation of the conflict on global political dynamics, researchers would help make deeper analyses about the way in which local conflagrations can affect international stability and cooperation. Another reason is due to the persistent failure of peace attempts. Numerous attempts to settle the conflict have fallen short of achieving peace. These include, among others, the Oslo Accords and the Camp David Summit. Developing a better causal model of why these have fallen short of their goals may provide insight into the obstacles standing in the way of conflict resolution and expose viable pathways toward future negotiations. This could also serve as input for policymakers and mediators devising strategies on how best to facilitate negotiations and cooperation opportunities. Combined

with these, the Israel-Palestine conflict is very much a case for humanitarian principles in war and occupation in that constant violations of human rights present an obvious need for bolstering enforcement on police in humanitarian actions. Research has pointed out how humanitarian organizations in conflict situations face challenges and has provided ways in which they can overcome such impediments. In tandem, it matters in today's world, with such crises erupting across the world. In fact, the study of this conflict has moral and ethical relevance. These humane aspects-the plight of innocent civilians, particularly children-deserve far greater emphasis from the academy. The researchers are supposed to record the lived experiences and amplify the voices of those affected. This added light will afford one a more inclusive and humane understanding of the conflict and invoking international solidarity with the theca seeking peace and justice. In other words, the Israel- Palestine conflict is now a rational and important subject to become a research area because of its humanitarian consequences, its intricacy, its universal validity, and its potential stimulating discussion on conflict resolution and human rights. There is much that researchers have to say as to how the causes and consequences of this crisis helped formed the basis for its resolution.

### **Theoratical Framework**

For realism, a theory of international relations that revolves around power, state sovereignty and anarchic nature of the international system, the Israel-Palestine conflict and eventual humanitarian crisis in Gaza look better. Realism posits that states will assign priority to their own survival and security, often to the detriment of morality and humanitarianism. The actions of Israel, namely military superiority, territorial control and strategic alliances, serve in support of the realism which seeks to maintain power and safeguard national interest. The blockade of Gaza, numerous military operations and restrictions on goods and movement arise from Israel's view that they are necessary for its national security and deterrence of perceived threats, even if they lead to a dire humanitarian assemblage.

From Palastilean perspective, Hamas and other such groups vie for sovereignty and attempt to avoid or resist Israeli occupation via asymmetrical warfare. Despite the less mightiest among the weak, the power struggles nevertheless reflect realistic ideals of pursuit of power and survival while functioning in an anarchic world. The humanitarian crisis in Gaza's widespread poverty, displacement and lack of access to essential basic services are simply products of this power struggle. Realism would rather explain why the powerful states and international organizations have neared ineffectiveness toward the crisis being centered on power relations. The anarchic character of the world makes sure that the states put their strategic interests above humanitarianism, whereby some actors outside support Israel while

regional actors like Iran support Palestinian factions all as act of furthering their broader geopolitical rivalries.

On another note, this realist view shall shed some light behind what lies behind the politicization of humanitarian aid to Gaza, as both Israel and Hamas use humanitarian aid as



leverage. This is clearly reflected in the ways humanitarian relief works have been thwarted by the international system. Anything that tries to put some relief to the oppression in the Gaza territory has had difficulties due to the power considerations eclipsing moral claims by the international system. Realism does identify the problem of a permanent conflict as inconsistent with prioritization of humanitarian needs in a world ruled by self-interests and power politics.

### **Literature Review**

The Palestine Israel conflict has been one of the most protracted and intractable conflicts in the modern history. The tensions have continued to injure the local population, particularly in Gaza Strip, which has been under restrictions, military operations, and other socio-political challenges that have destroyed the humanitarian situation of the people. The causes, effects and humanitarian impacts of climate change with regards to food production for poor families are explored in this review of literature by looking at the responses of international actors.

Among the longest standing geopolitical conflict is the Palestine-Israel conflict which has deep historical, religious and even national claims attached to it. To understand the intricacies of this conflict we must look at the geographical disputes, colonial interest and ideological movements which influenced in the development of the region. The origins of the Israeli-Palestinian conflict are discussed in this section, including early Zionist movement, etc.

That said, they are tied to the late 19th and early 20th century emergence of both Jewish and Palestinian nationalisms. It was a Zionist movement which was established in late 1800s with the motive to settle Jewish homeland in Palestine which was then a part of Ottoman Empire (Yadav & Tekchandani, 2024). One of such movements was the European anti-Semitism; the most implicated among them is the Dreyfus Affair in France and consequently the Russian pogrom to justify the need for a Jewish state (Hui-Yan, 2007).

On the contrary, the Palestinian nationalism is a response to the German colonial rule and the presence of the growing number of Jews in Palestine (Beinin & Hajjar, 2009). The Arabs in Palestine, as many of them had lived in the land for generations, looked upon the growing Jewish presence as a threat to their land and identity (Adem, 2019).

However, as violence increased, the United Nations suggested a plan for the partition of Palestine into separate Jewish and Arab states in 1947. However, the Arab leadership rejected the plan because, while the Jewish leadership accepted it, it was said that it favoured the Jewish population far too much, since they owned only a small fraction of the land (Hajjar, 2006).

Israel declared independence in 1948 which started the first Arab-Israeli war. Arab states bordered to Israel invaded but Israel survived, and dominated its territory more than in the UN partition plan. Majed al-Majid accounted hundreds of thousands of Palestinians for being displaced and the Nakba, a defining moment in Palestinian history (Rogan & Shlaim, 2001).

This was especially after the Six-Day War in 1967, when Israel occupied the West Bank, Gaza Strip, and East Jerusalem, and heightened the tensions. In these sections, Israeli government established settlements, a practice that was denounced by global society (Tay, 2004). In 1990s, Oslo Accords intended establishment of two state solution but peace efforts have repeatedly crumbled on the questions of borders, refugees and Jerusalem status (Masudi, 2023).

For decades, Gaza has been embroiled in a humanitarian crisis that has continued to exist for decades as an extension of the ongoing occupation that has caused armed conflict upon armed conflict and which has been followed by endless harsh economic blockages. The news is much worse with severe shortage of food, water, necessary healthcare and other basic services. Gaza is suffering from extreme distress, including the effects of the Israeli blockade, internal political divisions and repeated military escalations. In this section, the humanitarian crisis in Gaza from the humanitarian perspective is described through several aspects of the humanitarian crisis in Gaza, such as food insecurity, healthcare collapse, destruction of infrastructure and the challenges posed by humanitarian intervention.

Israel's blockade and restrictions on the movement of goods and people has made Gaza face one of the worst food insecurity situations in the world (Montes, 2017). Gaza is classified as an area of extreme humanitarian emergency by the United Nations, while the blockade results in severe shortages of essential goods, food, clean water and fuel. However, aid deliveries are often blocked and over half of Gaza's population depends on humanitarian aid for survival (Farhat et al., 2023).

The healthcare system in Gaza is on the verge of total collapse as hospitals are suffering from a critical shortage in medical supplies and equipment and lack of personnel. On a more recent note, some 78% of United Nations Relief and Work Agency (UNRWA) funded primary healthcare clinics ceased operations (Elhaija & Ravi, 2024). This blockade prevents even the import of medical supplies, and the buildings of hospitals themselves have been targeted in military attacks, significantly diminishing the ability of hospitals to provide care. Therefore, many civilians, especially children and the elderly are suffering from preventable diseases because of lack of proper medical attention (Beiraghdar et al., 2023).

Gaza's water and sanitation conditions have reached catastrophic levels. Approximately 95% of Gaza's water supply is contaminated, and water infrastructure has been damaged with over 95% unfit for human consumption (Beiraghdar et al., 2023). Water treatment plants have been destroyed and there are power shortages leading to frequent sewage overflows that increase the chances of infectious diseases like cholera and hepatitis A (Alkhawaldeh et al., 2024).

The crisis mainly puts women and children at risk. The lack of prenatal and maternal healthcare services has put pregnant women at such elevated risks, and their children often suffer malnutrition and are psychologically traumatized by repeated conflicts (Alkhawaldeh et al., 2024). The violence, which continues, has further created cases of post traumatic stress



disorder (PTSD) among children, and many of them find themselves depressed, overly anxious, and suffer from sleep disorders (Feldman, 2012).

A result of repeated military offensives are the destruction of vast amounts of Gaza's infrastructure, including homes, schools, hospitals and power plants. Over 18,000 homes itself were destroyed, displacing thousands of families by the 2014 war alone (Alvear, 2016). After the latest escalations, the situation has degenerated more, with power cuts of up to 20 hours per day, rendering daily life intolerable for Gaza's residents (McGirk, 2008).

Delivering aid to Gaza is a difficult task for humanitarian organizations in the face of Israeli restrictions and security concerns. Rather than relief, it has been abused to be a tool of control, and aid can also be politicized (Feldman, 2009). Repeating over and over, the United Nations

has called for unimpeded access to humanitarian aid, but bureaucracy and border closures still prevent the assistance (Zarocostas, 2009).

Repeated military assaults and the blockade have both disrupted the healthcare system in Gaza and resulted in severe shortages of medical supplies and staff (Shabab, 2018). During escalations of violence, hospitals are overwhelmed and the civilians are not properly cared for (Beiraghdar et al., 2023). Among the affected children in Gaza, an increasing number of cases of malnutrition, trauma, and mental health disorders are being experienced as a result of constantly being exposed to violence (Pathan et al., 2024).

### **Theme Explored**

Addressing Themes in the Provided Material Various themes related to the Israel-Palestinian conflict and the humanitarian crisis in Gaza have been presented. Here is a summary of the prime themes:

.1 Understanding the Historical Origins of the Conflict- It considers various issues that maybe have disturbed the ancient imaginations of the conflict, asserting that it is modern-day strife for land and political control as well as self-determination. - This passage presents the idea of coexistence among Jews, Christians, and Muslims in the region until the 19th century, with political divisions brought about by intervention from outside colonial powers. - The foundation of Israel in 1948 and the eviction of Palestinians, termed \*al-Nakba\* (the catastrophe), provide a launching pad to date the modern conflict to the later half of the 19th century, a time beset by competing nationalist movements like Zionism and Arab nationalism.

.2 Religious and Cultural Significance of the Region - The region held significance for Jews, Christians, and Muslims, adding spiritual and emotional stakes for all parties involved. Sacred sites such as Jerusalem and its surroundings have often become areas of conflict and violence.

.3Colonial and International Involvement - External powers, especially during the British Mandate era and in the wake of WWII, play the biggest role in initiating the conflict. The interaction between postcolonial tensions and international politics in today's world is one of how the U.S. and EU, among others, have played leading roles in keeping the fire alive. - The text goes on to cite international institutional incapacity such as that of the UN, to force durable peace in the land.

.4The Humanitarian Crisis in Gaza - The infliction paints a rather horrific background of the humanitarian situation in Gaza, which is deteriorated owing to a blockade that does not cease with violence and starvation, nor provides aid in the form of water and medication. - The text casts a spotlight on the miseries faced by vulnerable groups like children, women, and the old, dealing huge blows to mental health and psychosocial well-being.

.5Theoretical Approaches for Conflict Resolution - The models refer to abstract approaches, including game theory, cognitive science, and Edward Azar's Protracted Social Conflict model, to find a theoretical underpinning for the causes of the conflict as well as possible solutions. - The competition between a one-state and two-state solution on the backdrop of criticism regarding the failure of the Oslo Accords and other peace attempts is deliberated on together with arguments countering one another in support or against the realization of "one-state reality" as a new field projection, though at par with the same constraints#### .

.6The Psychological and Ideological Dimensions - Blockages to peaceful settlement include intertwining narratives of mutual delegitimization, psychological barriers to abstract thought, thereby which construct intense ideology-based divides. These are the never-ending sources of violence, propelling the cycle forward. \*\*Disproportionate Use of Force and Legal Implications\*\* - This was the very crux of their argument on the disproportionate response of Israeli forces toward Palestinian resistance and its implications for international humanitarian law. The material criticizes the indefensible bombing of Gaza, the encirclement, and the consequent humanitarian catastrophe.

.8Evolving Conflict Dynamics - Other events discussed include the 2023 Israel-Hamas war and its genesis in historical grievances and recent political changes. Another aggressor, non-state actor Hamas and Hezbollah, makes the conflict between Israel and Hamas very challenging.

.9The Role of International Aid Organizations - Organizations such as UNRWA are shown as lifelines for the Palestinians in Gaza themselves, as they end up doing yeoman work providing food, healthcare, and mental health services. The material also raises issues around funding shortages and operational constraints. Conclusion The materials depict the Israel-Palestinian conflict as the many-sided issue based upon historical, political, religious, and humanitarian issues. The humanitarian crisis in Gaza serves as a genuine wake-up call for urgent sustainable peace and a call for fraternal action to ease the grip of human suffering and structural dislocations. This thematic analysis may form a leap from which your thesis shall advance resistance as an endeavor, based on history and cognizance of present realities.

## Research Methodology

The examination of the Israel-Palestinian conflict and the humanitarian disaster within Gaza necessitates complex methodologies to guide the intricate nature of the issue. As a result, extracting, probing, evaluating, fairly interpreting, and reporting on the moral, political, and humanitarian aspects of the conflict will unfold in a qualitative research format. The case study design works exclusively for this qualitative research because Gaza is a little open; it is the one unique place where disproportionate suffering from the conflict occurred under siege and blockade conditions. A case study is well suited to exploring the linkage of political, humanitarian, and social issues, and provides a context for analyzing the broader implications of the conflict on human lives.

The research will be exploratory and descriptive with the hope of providing an in-depth understanding of the humanitarian crisis and exploring dimensions that are relatively unexplored, such as mental health, gendered vulnerabilities, and community resilience. This study will combine both primary and secondary sources. Primary sources will include interviews and testimonies of people most hit by the conflict-single interviewees include Gaza residents, humanitarian workers, and local activists. These first-hand data should provide insights into the lived realities of the crisis. Secondary data will include academic articles, policy reports, and historical documents in the shaping of contextual background. The triangulation of all these sources will lend reliability and depth to the analysis.

The qualitative research will use semi-structured interviews and focus group discussions with the main aim of finding qualitative insight. Semi-structured interviews give the participant and the interviewer more freedom to share information about their experiences while focusing on central themes such as access to basic services, the psychological effects of conflict, and the coping mechanisms-within certain limits-established by literature. Focus group discussions among community leaders and humanitarian aid workers will explore collective thinking and identify systemic challenges. In addition to this, content analysis will be carried out on official reports of organizations like the United Nations, Human Rights Watch, and local NGOs.

Besides all these, the media coverage as well as narratives on social media will be made part of the analysis regarding how different agenda sets global and local perspectives on the crisis.

The thematic approach shall reveal common patterns, themes, and discrepancies in the collected data. Interviews and focus group discussions shall be typed and thus analyzed, coding with qualitative analysis software such as NVivo. Thematic areas would include health, education, security, and resilience. The thematic analysis shall enable the identification of key issues and connections amid them, presenting a nuanced understanding of the humanitarian crisis in question. The secondary data will be analyzed through critical discourse analysis, so as to evaluate how policymakers, the media, and scholars framed surrounding conflict and consequences. The inter-data comparison of first and second sources

will establish an all-around interpretation for strengthening the validity and reliability of inferences.

This methodology will enable the study to capture the multi-faceted nature of the humanitarian crisis in Gaza while providing a platform for voices that are often marginalized in mainstream narratives. Integration of qualitative insights with thematic contextual exploration aims at providing a unique and meaningful contribution to the discourse concerning conflict and humanitarianism.

## **Conclusion**

Israel Palestine Conflict is one of the most complex and longest disputes of the modern history which was painted in depth due to land, political and religious reasons. In essence, this has become a dispute about land and about sovereignty and identity, yet the tragedy of suffering through decades of violence, displacement and failed attempts at peace have made it bigger. The ongoing confrontation was not useful for the people of Gaza who have lived in the abject poverty, almost not able to attain basic needs nor recovered lives from the ruins of many military confrontation. The pathetic living are due to the Israel, Egypt and Hamas siege on Gaza, have driven them to have a state of despair and instability.

Even with a ceaseless course of negotiations, some with external mediation and other less tangible United Nations interventions, conflict resolution eludes. According to the realist theories of international relations, the absence of conflict was attributed to the tendency of a state to pursue its interests, security and striving for power instead of humanitarian reflections. Their claims were based on claims of survival and sovereignty in face of an anarchic international system, therefore, civilian needs were to some extent pushed aside by Israeli and Palestinian factions. But a stalemate is also rooted to external factors, like the United States and the regional neighboring power Iran, which have constantly had their support on their respective friends; all in line with political interests rather than on balance.

It is evident in the recent unfolding of events; precarious as it was, the ceasefire agreement that was made near the end of 2024 can certainly offer a transient relief, while dangers still loom. The ceasefire agreement came about in the wake of sustained violence and mounting international pressure and has temporarily offered some reprieve to Gaza's population by allowing humanitarian aid to flow and military advancements to diminish. Given that issues of land disputes, political fragmentation, and mutual distrust remain unaddressed, it thus follows that such pacts often turn out to be temporary.

A sustainable resolution digging into these roots calls for renewed dialogue through international pressure parties for peace and for ways through which the victims of human rights violations are held accountable. The dire humanitarian crisis in Gaza must first be resolved as

a precursor to any longer-term solution. The international community must summon its conscience to take action against the prevailing sufferings of the citizens of Gaza, fishing in

for the stability of the region, and paving the way for the realization of a two-state solution or build a browsing framework founded on justice, security, and dignity to the accord of the people of both Israelis and Palestinians. The prospects for long-lasting peace rest on addressing both the immediate humanitarian needs and the multilayered, cross-cutting political conflict.

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