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# **AN OVERVIEW OF INTERNATIONAL RELATIONS THEORIES AND THEIR IMPACT ON THE OPERATION OF INTERNATIONAL SYSTEMS**

## **ABSTRACT**

The development of numerous ideas of international relations is examined in this paper, with particular attention paid to constructivism, liberalism, feminism, Marxism, and post-colonialism. The Westphalian System, which recognized state sovereignty and territorial integrity, and the Concert of Europe, which placed an emphasis on balance-of-power diplomacy among European countries, are the two systems that have shaped international relations across time. An early attempt at international government, the League of Nations System, was unable to stop World War II. The League was replaced by the United Nations System, which boasts more diverse membership and improved enforcement capabilities for international peace and security. Global alliances and proxy conflicts resulted from the Cold War Bipolar System, which was defined by the ideological gap between the US and the Soviet Union. According to the analysis, the post-Cold War system has changed from unipolarity under US control to a more complex multipolar environment with new powers like Russia and China. These theories give a detailed understanding of global contacts and their historical development by shedding light on the fundamental dynamics influencing international politics, conflicts, and cooperation.

**Keywords:** liberalism, Marxism, constructivism and post-colonialism

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## 1. INTRODUCTION

Understanding the relationships between governments and other international players is the goal of the broad field of international relations (IR). Its theoretical frameworks offer crucial lenses through which these interactions can be examined, providing insights into the attitudes, actions, and institutions that influence world politics. The purpose of this essay is to give a summary of important theories of international relations and how they affect how international systems function.

Scholars such as Scott Burchill, Andrew Linklater, Richard Devetak, Jack Donnelly, Matthew Paterson, Christian Reus-Smit, and Jacqui True (2020) have argued that each of the main ideas of international relations (IR) – realism, liberalism, constructivism, Marxism, feminism, and post-colonialism – offers a unique viewpoint on how states and other players interact with one another in the global arena. Realist perspectives center on the interplay between power and state-centric interests in an anarchic international order. However, liberalism emphasizes the importance of global organizations and collaboration even in the lack of a central power. Marxism stresses the relevance of economic considerations and class struggles, while constructivism looks at how identities, norms, and social constructs affect state action. Post-colonialism examines the lingering impacts of colonialism and imperialism on modern global relationships, while feminism highlights the sometimes-ignored gender components in international relations.

From the above scholars views we can be able to predict how these theories impact the growth and operation of international systems in addition to offering analytical tools for comprehending international relations. Global power dynamics, collaboration, and conflict have evolved over time, with the Westphalian order, which established the concepts of state sovereignty, giving way to the current post-Cold War multipolar order. This study aims to provide a thorough understanding of how international relations ideas have influenced and been influenced by the functioning of international systems regarding their interaction and importance within the discipline of international affairs.

## 2. METHODS

### 2.1. STATEMENT OF THE PROBLEM

Drezner (2011) was of the view that one of the main challenges in the study of international relations (IR) is comprehending the intricacies of global interactions and the factors that control IR. Though there is frequently a gap between theoretical viewpoints and the real-world functioning of international systems, theoretical frameworks within IR offer a variety of lenses through which to analyze these interactions. For academics and professionals alike, this divide poses a serious challenge: how can we successfully combine and use various IR theories to gain a deeper understanding of and influence over the operation of international systems?

There are two issues at hand we can further discuss here. First, a thorough synthesis of the core ideas of the main theories of international relations (IR) is required, including constructivism, liberalism, Marxism, feminism, and post-colonialism. The theories' ability to explain state behavior, international cooperation, conflict, and systemic change should be assessed. Every hypothesis provides insightful information; yet, when used alone, it has drawbacks as well. Comprehending the advantages and disadvantages of various ideas is essential for a comprehensive evaluation of international relations.

Second, there is still a lack of research on the influence these theories have on the development and functioning of international systems. These theories' guiding concepts and practices have shaped both historical and modern international systems, from the Westphalian system to the current post-Cold War multipolar order. A more sophisticated comprehension of the conversion of theoretical ideas into useful mechanisms inside these systems is nevertheless required. This entails looking at the ways that gender relations, institutional frameworks, social norms, economic structures, power dynamics, and historical legacies affect how international systems are developed and function.

It is crucial to address these issues in order to advance theoretical and practical understanding in IR. In an increasingly complex and linked world, a thorough overview that closes the gap between international relations theories and worldwide systems can improve our capacity to assess global interactions, forecast emerging trends, and create workable plans for handling international relations.

## **2.2. OBJECTIVES OF THE STUDY**

The study's specific objectives are as follows:

1. to explore core tenets of major IR theories;
2. to evaluate the explanatory power of IR theories;
3. to analyze the evolution of international systems;
4. to investigate the interplay between IR theories and international systems;
5. to identify practical implications for contemporary international relations;
6. to foster a holistic analytical framework.

By achieving these goals, the study hopes to close the gap between theoretical perspectives and practical applications in international relations, improving both scholarly understanding and practical effectiveness in managing global interactions.

## **3. DISCUSSION**

### **3.1. ESSENTIAL IDEAS, PREMISES, AND IMPORTANT CONCEPTS OF THE MAIN IR THEORIES**

Cynthia (2013) explored the diverse viewpoints on state behavior, power dynamics, cooperation, and conflict provided by the theories of international relations (IR). Accord-

ing to realism, states prioritize their security and national interests under anarchic international order where there is no ultimate authority over them. Conflict results from states prioritizing their armed forces.

The fundamental tenets of liberalism stress the interdependence of the international system, the economy, and democracy, which can foster harmony and mitigate its anarchic nature. According to democratic peace theory, economic connectivity reduces the likelihood of conflict and makes democracies less likely to go to war with one another.

Constructivism places a strong emphasis on how international relations are socially constructed, emphasizing how ideas, rhetoric, conventions, and identities influence state conduct and the way the international system is set up. Speech, identity, social construction, norms, and intersubjective perception are among the essential concepts. Marxism's view of international relations contends that class conflict and economic dynamics allow the global capitalist system to continue to support exploitation and inequality.

Cynthia (2013) further explained women's rights are fundamental concepts that highlight the role that gender plays in the study of international relations. Security and conflict are closely related to gender dynamics, and women's viewpoints are frequently ignored in classic IR theories. Post-colonialism is the study of how historical power imbalances continue to shape contemporary global politics and how imperialism and colonialism continue to impact international relations.

International relations should be decolonized in order to advance inclusive and equitable global governance, according to post-colonial ideas. The historical injustices and systemic inequality that colonialism upheld are the fundamental causes of conflict. The fight for true sovereignty and opposition to neocolonial practices are major topics in post-colonial conflicts.

All of the IR theories, however, offer a unique perspective on state behavior, power relations, collaboration, and conflict. Liberalism and realism offer divergent views on state cooperation and behavior, whereas constructivism stresses the impact of social factors on international dynamics.

### 3.2. THE FUNDAMENTAL PRINCIPLES, ASSUMPTIONS, AND KEY CONCEPTS OF MAJOR IR THEORIES

A variety of viewpoints for comprehending international relations are provided by the theories of international relations (IR). According to realism, states are the main actors in the international system and are motivated primarily by their national interests and security. This method is predicated on the idea that the absence of a centralized authority makes the international system fundamentally conflictual and that the most important kind of power is armed force.

Reus-Smit and Snidal (2018) mentioned the impact of the IR theories on the conduct of International System in the following perspective:

**Liberalism** contends that even in a chaotic international order, state collaboration is both feasible and advantageous. It highlights how important democracy, global insti-

tutions, and economic interdependence are to maintaining peace. Key ideas: anarchy, power, national interest, security conundrum, and balance of power.

**Constructivism** emphasizes the social construction of international relations, highlighting the significance of discourse, ideas, norms, and identities in forming state policy conduct as well as the global framework. Important terms: speech, identity, social construction, norms, and intersubjective comprehension.

**Marxism** maintains that the global capitalist system upholds exploitation and inequality and examines international relations through the prism of economic structures and class conflict. Important ideas: dependency, capitalism, imperialism, class conflict, and world-system theory.

**Feminism** emphasizes the significance of gender in understanding international relations while criticizing the conventional emphasis on views held by men. Important ideas: intersectionality, gendered security, marginalization, patriarchy, and gender.

**Post-colonialism** studies how imperialism and colonialism continue to affect international relations, emphasizing how historical power disparities continue to influence current world politics. Important terms: subaltern, decolonization, imperialism, colonialism, and Eurocentrism.

From the above explanation by scholars we can better comprehend the numerous variables and elements driving international relations and global interactions by looking at these theories and how they impacted the contemporary international system.

### 3.3. DETAILED UNDERSTANDING OF IR THEORY'S PERSPECTIVES ON STATE BEHAVIOR, POWER DYNAMICS, COOPERATION, AND CONFLICT IN INTERNATIONAL RELATIONS

Drezner (2011) mentioned the relevance of the impact of several theories on state conduct in international relations (IR). According to realism, which places a strong emphasis on states' self-interest, governments behave primarily to ensure their survival in chaotic international systems. The need to maximize security and power drives power dynamics, preventing any one state from controlling the entire system. Genuine collaboration is not the driving force behind most cooperation; rather, it is rare and frequently fleeting.

However, liberalism operates out of both self-interest and mutual benefit and acknowledges the possibility of cooperation. Cooperation is facilitated by international organizations such as the World Trade Organization and the United Nations, which offer platforms for discussion, lower transaction costs, and establish standards and guidelines. The democratic peace theory is supported by the higher likelihood of cooperation among democracies.

Constructivism highlights the significance of social conventions, identities, and beliefs in how the state behaves. Shared ideologies and prior relationships impact state-to-state interactions, and power dynamics are both material and ideational. Within the global community, social institutions and common understandings impact the distribution of power.

Marxism, on the other hand, is motivated by the demands of the capitalist system and economic interests. States function to protect and advance the interests of the dominant economic class, which divides the world's states into developed core states and developing periphery states. Limited collaboration frequently advances the goals of the powerful capitalist nations.

Conversely, power dynamics and gendered systems have an impact on feminism. Conventional IR ignores women's roles and gender, which are vital for a thorough comprehension. There is a strong gendered component to power dynamics, with patriarchy having an impact on both national and global politics. The interconnectedness of gender with other types of oppression, such as race and class, is highlighted by feminist viewpoints.

International relations should be decolonized in order to advance inclusive and equitable global governance, according to post-colonial ideas. The historical injustices and structural inequality that colonialism upheld are frequently the source of conflict. In post-colonial conflicts, resistance to neocolonial practices and the quest for true sovereignty are major topics.

To sum up, every international relations theory offers a unique perspective on state conduct, power relations, collaboration, and discord. Diverse viewpoints on the intricate character of international relations are provided by constructivism, feminism, marxism, realism, liberalism, and post-colonialism.

### **3.4. TO ASSESS THE STRENGTHS AND LIMITATIONS OF EACH IR THEORY IN EXPLAINING REAL-WORLD INTERNATIONAL INTERACTIONS AND EVENTS**

When it comes to understanding actual international interactions and events, the international relations (IR) theory offers a number of advantages and disadvantages. Liberalism places more emphasis on collaboration and the function of international institutions, but realism is a potent theory that effectively forecasts state behavior in conflict and competitive scenarios. Its shortcomings include a static perspective on interests, a focus on conflict that is overdone, and a disregard for non-state players (Akinbayo, 2005).

Liberalism also highlights the UN, WTO, and EU as examples of international institutions and norms that promote cooperation and lessen conflict. It also clarifies economic interconnectedness and the democratic peace theory, but it is also criticized for being unduly idealistic and powerless to implement its principles.

With its emphasis on ideas and norms, constructivism provides important insights into the ways in which ideas, norms, and identities determine international affairs. It provides a more adaptable framework for study by taking into account shifts in state behavior and global standards throughout time. Though its inclusive and wide scope can result in imprecise or unduly complicated explanations, it is frequently criticized for its lack of predictive power.

Brown (2009) was of the view that international relations are influenced by class dynamics and economic interests, which are critically analyzed by Marxism to explain patterns of exploitation and inequality. The text provides a historical outlook on the

evolution of the global system, highlighting the effects of capitalism and imperialism. It neglects the agency of non-economic players, like social movements, NGOs, and international organizations, and can be unduly deterministic.

International politics' effects on women and other oppressed groups are underscored by feminism, along with gendered power dynamics. It offers a thorough framework that takes into account how gender intersects with other oppressions and forms of identity, like race and class. It emphasizes the protection and empowerment of individuals, moving the focus away from state-centric security and toward human security.

A critical viewpoint on the long-lasting effects of colonialism and imperialism on modern international relations is provided by post-colonialism. It challenges Eurocentric narratives by amplifying marginalized voices and viewpoints from formerly colonial regions. On the other hand, its strong normative position against colonialism and imperialism can limit its analytical objectivity, and it occasionally underestimates modern changes and advances.

To sum up, each international relations theory has advantages and disadvantages when it comes to understanding actual cross-border interactions and occurrences. Liberalism offers insights into collaboration and the function of authority, while realism excels in comprehending power dynamics and conflict organizations. While Marxism concentrates on economic issues and class fights, Feminism highlights gendered viewpoints, Constructivism emphasizes the value of ideas and norms, and post-colonialism deals with historical legacies and global disparities.

### **3.5. INSIGHTS INTO THE APPLICATION OF IR THEORIES TO HISTORICAL AND CONTEMPORARY INTERNATIONAL ISSUES**

Davies (2007) further put an argument by explaining that a thorough method for comprehending both historical and modern international issues is provided by the theory of international relations (IR). It offers a framework for comprehending power relationships and conflicts in historical and contemporary settings, including the US-China relationship during the Cold War. When examining the reasons behind World Wars, realism is helpful because it highlights the breakdown of the balance of power and the anarchic nature of the international order, which result in major wars.

The contemporary strategic rivalry between the US and China, which centers on military build-up, strategic alliances, and economic tensions as both countries aim to maximize their power and security, is relevant to liberalism. By emphasizing power struggles and territory disputes, it can also explain current Middle East conflicts as the Israel-Palestine conflict and the Syrian Civil War as well as the advancement of national interests.

In line with Pearson and Rochester (1997), liberalism provides a compelling explanation for the establishment of the United Nations, emphasizing global collaboration, collective security, and the institutionalization of mechanisms designed to prevent future global conflicts. This perspective also extends to the analysis of Europe's post-World War II integration, culminating in the European Union, which demonstrates how institutional frameworks and economic interdependence contribute to

stability, harmony, and cooperation in the international system (Pearson & Rochester, 1997).

Constructivism sheds light on the decolonization process, the end of the Cold War, and the growth of international human rights standards. Additionally, it illustrates how international treaties and the social construction of non-proliferation as a universal standard helped to develop and strengthen the norms against nuclear proliferation.

Marxism examines the financial drivers of colonialism and empire, illustrating how Marxism is relevant in analyzing contemporary global inequality and explaining how the capitalist world system perpetuates economic disparities between the Global North and South. It also helps understand the exploitation of labor in global supply chains, highlighting how multinational corporations seek to maximize profits by exploiting cheap labor in developing countries. Feminism provides insights into the often-overlooked roles of women in war and peace, the gendered impacts of colonialism, and the goals of capitalist states, which sought to exploit resources and labor in colonized regions for financial gain, discussing the underrepresentation of women in global governance and international politics, and promoting more gender equality and inclusion in these processes.

A critical examination of colonialism's lingering effects on former colonies is offered by post-colonialism, which also explains how colonial legacies continue to influence modern political, economic, and social institutions. It helps to comprehend past resistance movements against colonial authority by emphasizing the colonized peoples' agency in opposing imperial powers.

To sum up, every international relations theory provides significant perspectives for examining both past and present global concerns. We may study and resolve difficult international issues in a comprehensive way by incorporating these many points of view.

### **3.6. TRACING THE DEVELOPMENT OF INTERNATIONAL SYSTEMS FROM THE WESTPHALIAN SYSTEM TO THE CURRENT POST-COLD WAR MULTIPOLAR ORDER**

Drezner (2011), wrote that the 1648 establishment of the Westphalian system placed a strong emphasis on national sovereignty and geographic integrity. With each state having sole sovereignty within its borders, it was the first international system to achieve a balance of power between states. The principles of state sovereignty, territorial integrity, and power balance defined this system. The goal of the 1815-founded Concert of Europe was to use preventive diplomacy and group diplomacy to bring stability and the balance of power back to Europe. It was unable to stop major confrontations like the aggression of the Axis countries that resulted in World War II, though, and had difficulties with enforcement.

The League of Nations, which was founded during World War I to advance collective security and avert further hostilities, came into being during the Interwar Era. The ideals of President Woodrow Wilson promoted autonomy, open diplomatic relations, and an international organization. Among the goals of the League were nuclear



deterrence, establishment of international institutions, and collective security. However, the League had trouble enforcing its rules and failed to avert significant hostilities.

The United Nations system was created during the Cold War to take the role of the League of Nations and to provide a more robust framework for global collaboration and dispute settlement. Superpower competition, nuclear deterrence, and non-aligned movements defined the Cold War.

However, the Westphalian system, Concert of Europe, the interwar period, the Cold War, the post-Cold War unipolar moment, and the current multipolar order are historical examples of how international institutions have evolved to reflect the changing character of world politics. Comprehending these advancements offers a framework for examining modern international relations and the evolving dynamics of worldwide power.

### **3.7. OVERVIEW OF THE EVOLUTION OF GLOBAL POWER STRUCTURES, INSTITUTIONAL FRAMEWORKS, AND NORMATIVE PRINCIPLES**

Over time, the global power structures have changed, with the Westphalian system ruling over states and emphasizing territorial integrity, state sovereignty, and refraining from meddling in domestic matters. The balance of power intended to keep no state from growing too strong and the use of collective diplomacy to resolve disputes and preserve stability were the defining features of this arrangement.

Akinboye and Ottoh (2005) were of the opinion that during the Concert of Europe (1815–1920), the main European nations dominated world affairs by emphasizing a balance of power meant to keep no state from growing too strong. While there were attempts to establish a more cooperative international order, the big countries' dominance persisted during the interwar period and the League of Nations (1919–1939). A bipolar international system dominated by the US and the USSR existed throughout the Cold War (1945–1991), resulting in arms races, proxy conflicts, and a nuclear deterrent-based power balance.

The United States was the only superpower during the post-Cold War unipolar moment, which encouraged a liberal international order and accelerated globalization. A number of significant states and regional powers are emerging within the terms of the present post-Cold War multipolar order (early 21st century–present), which is defined by multipolarity, strategic competition, intricate interconnection, and the expanding influence of non-state actors.

With the Westphalian system's limited formal international institutions and reliance on ad hoc diplomacy and treaties, institutional frameworks have also changed over time. Formal international organizations were established by the League of Nations and the Concert of Europe to oversee world affairs, advance security and peace, and foster economic growth. The unipolar moment of the post-Cold War saw the development of new institutions and the enlargement and fortification of current ones with a focus on liberal democratic values, economic integration, and multilateralism.

Over time, normative norms have also changed. For example, the Concert of Europe placed more emphasis on collective diplomacy, balance of power, and preventive

measures, whereas the Westphalian system prioritized state sovereignty, territorial integrity, and non-interference. Liberal democracy, free markets, human rights, and international cooperation emerged during the post-Cold War unipolar moment, advancing a liberal international order.

Comprehending these advancements aids in placing modern international relations in perspective, as well as the continuous modifications to worldwide power structures, institutional configurations, and normative frameworks.

### **3.8. HOW IR THEORIES HAVE INFLUENCED AND BEEN INFLUENCED BY THE OPERATION AND TRANSFORMATION OF INTERNATIONAL SYSTEMS**

International relations (IR) theories and the functioning and evolution of international systems are intricately intertwined. While the dynamics and changes within international systems frequently test and evolve these theoretical viewpoints, international relations (IR) theories offer frameworks for comprehending and interpreting international occurrences. The dynamics of the Cold War, the Westphalian system, post-Cold War multipolarity, and globalization have all had an impact on major international relations theories.

Davies (2007) was of the view that international organizations like the United Nations, World Bank, and International Monetary Fund (IMF), which were created to encourage collaboration, economic growth, and collective security among states, were influenced by liberalism when they were founded. International relations conventions and policies have been formed by liberal concepts of democracy, human rights, and free trade. This has created a global order that prioritizes collaboration and negotiation over confrontation.

Obstacles have been identified in relation to the explanatory scope of International Relations theories. Constructivism emphasizes the role of ideas, identities, and norms in shaping state behavior and international outcomes, thereby advancing the understanding of how social constructions influence state actions, particularly in conflict resolution and peacebuilding efforts. Similarly, Marxist theories provide a critical framework for analyzing global economic structures, imperialism, and class struggle, shaping anti-colonial movements and critiques of global inequality. Liberal ideals of multilateralism and free trade have been both promoted and tested through the practice of multilateral institutions. Moreover, the increasing influence of non-state actors – such as multinational corporations, non-governmental organizations (NGOs), and transnational advocacy networks – has further complicated traditional state-centric analyses. At the same time, Marxist predictions of capitalism's collapse have been challenged by the rise of neoliberal globalization, which necessitates revisions to Marxist theory to account for new forms of global economic integration and persistent inequality.

By promoting gender mainstreaming in laws, institutions, and international organizations and highlighting the gendered effects of globalization, development, and conflict, feminism has had an impact on international systems. By highlighting the significance of gender in conflict prevention, peacebuilding, and post-conflict reconstruction efforts, it has altered the idea of peace and security.

Feminist theories have had a significant influence on international systems by promoting gender mainstreaming within laws, institutions, and international organizations, while drawing attention to the gendered dimensions of globalization, development, and conflict. By emphasizing the role of gender in conflict prevention, peacebuilding, and post-conflict reconstruction, feminist scholarship has reshaped dominant conceptions of peace and security (Tickner, 1992; True, 2012). In a similar vein, post-colonial theories have transformed international discourses on sovereignty, self-determination, and development by critically examining the enduring legacies of colonialism on global power structures, identity politics, and economic inequalities (Said, 1978; Spivak, 1988). These approaches challenge Western-centric paradigms and advance the agency of Global South movements and states in the broader project of decolonizing international relations (Ake, 1996; Seth, 2011). Post-colonial perspectives also interrogate how Western cultural and economic dominance shape's identity formation and power relations, while acknowledging that globalization and cultural imperialism continue to reinforce such dynamics. Furthermore, transnational movements advocating equitable global governance, cultural preservation, and indigenous rights have strengthened post-colonial critiques (Bhabha, 1994). Overall, the evolution and interaction of International Relations (IR) theories demonstrate the extent to which international systems both shape and are shaped by ideas, institutions, and norms, offering analytical frameworks for understanding power relations and global governance. This dynamic exchange of ideas enriches contemporary IR scholarship and contributes to theoretical debates on governance, conflict resolution, and the pursuit of equity and justice.

### **3.9. A NUANCED UNDERSTANDING OF THE RECIPROCAL RELATIONSHIP BETWEEN IR THEORETICAL FRAMEWORKS AND THE PRACTICAL FUNCTIONING OF GLOBAL POLITICAL STRUCTURES**

The theoretical frameworks of international relations (IR) and the actual operations of international political organizations are mutually dependent. Theory influences practice and vice versa in a dynamic interaction. This understanding entails realizing how international relations (IR) theories serve as analytical tools for interpreting global political structures, and how these structures in turn impact the development and modification of IR theories.

Realism, as a theoretical paradigm in International Relations, emphasizes the centrality of security concerns, state-centric power dynamics, and the anarchic structure of the international system. It has profoundly shaped the ways in which policy-makers prioritize national interests, assess capabilities, and perceive external threats (Mearsheimer, 2001). In contrast, liberal theories underscore the significance of international institutions, global governance, and the role of shared norms and values. Liberal thought promotes economic interdependence, collective security, and the advancement of democracy and human rights as mechanisms for reducing conflict and fostering cooperation. These liberal values are reflected in the activities of international and regional organizations such as the United Nations, the World Trade Organization

(WTO), and the European Union, which advance multilateral diplomacy, free trade, and peaceful approaches to conflict resolution (Jahanpour, 2008).

The emphasis of constructivism is on how social constructions of identities, norms, and meanings influence international relations. It investigates how cooperative conduct and conflict resolution are influenced by common identities and ideas held by states and non-state actors. Marxist doctrines criticize imperialism, the global division of labor, and capitalist exploitation. They examine the disparities in the world economy and promote social justice, class conflict, and anti-imperialism. Feminist IR investigates gendered power dynamics in international politics, dispels gender stereotypes, and promotes women's rights and gender equality.

Post-colonial theories provide a critical lens through which to examine global inequality, colonial legacies, and the persistence of Eurocentrism in international relations. These perspectives interrogate how colonization has shaped state sovereignty, identity formation, and the political dynamics of the Global South, including the rise of resistance movements. Moreover, post-colonial viewpoints have influenced discourses on decolonization, fostering global solidarity among marginalized populations while challenging Western-centric international norms and policies. In doing so, they promote cultural diversity, self-determination, and more equitable forms of global governance (Burchill et al., 2020).

Traditional state-centric theories, such as realism, have been put to the test by globalization, leading to modifications that take into consideration complex interdependencies and non-state actors. Liberal views have been confirmed by international institutions, and discussions about institutional effectiveness and reform have been sparked by criticisms of these institutions' ability to effectively address global issues.

Constructivist and feminist viewpoints have been validated by normative shifts, which have an impact on theoretical developments and empirical research. Informing IR ideas on commerce, diplomacy, security, and development, policy formulation influences state conduct and global collaboration. Theoretical discussions on power relations, collective security, and economic governance are reflected in global governance.

The interdependent connection amongst IR theories and international political systems is crucial to comprehending modern international relations. The ongoing interplay between theory and practice defines the changing terrain of global governance, conflict resolution, and collaboration, deepens our understanding of global dynamics, and influences policy choices. The significance of theoretical pluralism and empirical rigor in tackling intricate issues and possibilities in the global arena is emphasized by this nuanced knowledge.

### **3.10. TO DERIVE ACTIONABLE INSIGHTS FROM THE SYNTHESIS OF IR THEORIES AND THEIR APPLICATION TO CURRENT INTERNATIONAL SYSTEMS**

Pearson and Rochester (1997) raised an argument that the integration of ideas related to international relations (IR) provides insightful viewpoints and useful instruments for tackling current worldwide issues and prospects. Realistic thinking, which emphasizes

power dynamics and the significance of military prowess, alliances, and deterrent tactics in preserving peace and controlling hostilities, is one of the fundamental findings. In the face of shifting power dynamics and unpredictability throughout the world, this can be used to prioritize national security interests, sustain strategic alliances, and engage in diplomacy to protect sovereignty and national interests.

Liberalism emphasizes how international governments and organizations foster collaboration, harmony, and collective security. In order to promote wealth and lessen conflict, it supports free trade and economic interdependence. This can be used to promote global norms that sustain multilateralism, enhance international organizations like the WTO and UN, and sustainability of the environment, democracy, and human rights.

Constructivism places a strong emphasis on how social constructions, identities, and norms shape state behavior and the world at large. Through support of gender equality, human rights, environmental stewardship, and sustainable development, it can be used to advance normative change.

Marxism promotes international cooperation, economic fairness, and wealth transfer while criticizing global capitalism, imperialism, and economic inequality. This can be used to campaign for fair trade policies, support laws that advance economic fairness, and participate in international collaboration that gives development aid and the eradication of poverty top priority.

Feminism provides insights into how power dynamics and gender norms affect international politics, conflicts, and development results. It can be used to advance women's empowerment, put gender mainstreaming policies into practice, aid international movements for women's rights, and incorporate gender viewpoints on international development initiatives and foreign policy.

To sum up, the integration of IR theories offers insightful viewpoints and practical instruments to handle intricate worldwide issues and promote cooperative resolutions inside the modern international system.

### **3.11. TO DEVELOP A COMPREHENSIVE FRAMEWORK THAT INTEGRATES MULTIPLE IR THEORIES FOR A MORE ROBUST ANALYSIS OF INTERNATIONAL RELATIONS**

A comprehensive and nuanced understanding of International Relations (IR) emerges from employing an integrative framework that draws upon multiple theoretical perspectives. Realist approaches underscore the anarchic nature of the international system, where states, as the principal actors, pursue security and power as primary objectives. Liberal perspectives complement this view by emphasizing the potential for cooperation through international institutions, interdependence, and the role of both state and non-state actors in fostering peace and prosperity. Constructivist theory highlights the influence of shared identities, norms, and ideas in shaping state behavior and global outcomes. In contrast, Marxist analysis interrogates the structural dynamics of global capitalism, emphasizing class conflict, economic exploitation, and persistent global inequalities. Finally, feminist approaches foreground the significance of gender, illustrating how gendered power relations and inequalities shape international poli-

tics and affect outcomes in areas such as conflict, security, and development (Jackson et al., 2016).

The Integrated Framework's elements include Analytical Dimensions, Gender and Social Inequality, Post-Colonial Narratives and Global Justice, Institutions and Governance, Normative Change and Identity Politics, and Economic Relations and Inequality. Comparative analysis, historical contextualization, empirical research, and policy relevance are examples of methodological approaches.

The Integrated Framework has practical implications in human rights and sustainable development, global governance and diplomacy, peacebuilding and conflict resolution, and critical analysis and reflexivity. To promote long-lasting peace agreements, the framework combines realist understanding of power dynamics, liberal emphasis on institutions, constructivist insights into norms and identities, and feminist ideas on gender dynamics. Additionally, it addresses economic inequality, promotes gender equality, advocates for normative change, cooperates with international institutions, and respects sovereignty in diplomatic dealings.

Critical analysis is ongoing assessment of the advantages and disadvantages of every theory inside the cohesive framework, taking into account their changing applicability and historical settings. In order to enhance comprehension and analysis, reflexivity entails accepting multidisciplinary discoveries while acknowledging the biases and presumptions included in theoretical viewpoints.

In summary, the integration of various theories of international relations into a comprehensive framework can provide analysts and policymakers with a deeper comprehension of the intricacies of international relations, improve the rigor of their analysis, and enable them to make more informed decisions and implement effective policy responses to current global challenges.

## 4. CONCLUSION AND RECOMMENDATIONS

Integrating several theoretical stances, empirical techniques, and practical considerations is a multifaceted approach to international relations. Several domains, including comparative case studies, constructivism, feminism, Marxism, realism, qualitative research, historical analysis, and practical considerations, can all benefit from the application of this paradigm.

Realist theoretical viewpoints center on power politics, state-centric thinking, and security conundrums. Liberalism investigates norms, values, economic interdependence, and international institutions. Constructivism investigates cultural diplomacy, identity politics, and normative reform. Marxism studies inequality in development, opposes global capitalism, and promotes economic justice. Feminism studies women's rights, gender dynamics, intersectionality, and how gender affects efforts to resolve conflicts, promote peace, and formulate legislation. Global justice initiatives, decolonization movements, and sovereignty challenges are all examined by post-colonialism.

Comparative case studies are examples of empirical methodology analysis, historical analysis, qualitative research, and pragmatic concerns. Policy analysis provides

long-term strategies based on thorough analysis of international relations theories and findings, reviews current policies using theoretical frameworks and empirical evidence, and suggests policy innovations or changes to handle new global concerns. Interdisciplinary insights are used in conflict resolution to resolve disputes, encourage peace talks, and carry out post-war reconstruction. Through cooperative efforts and changes, global governance increases the efficacy of international organizations.

A comprehensive understanding of complex international challenges, as well as more effective decision-making processes, can be achieved through the integration of insights from diverse theoretical perspectives and empirical approaches within a holistic framework of study. In the realm of international affairs, interdisciplinary collaboration fosters innovation, facilitates knowledge exchange, and enables the development of evidence-based solutions. Contemporary research further underscores the need to incorporate ethical considerations—such as environmental sustainability, social justice, and the protection of human rights—into both analysis and policy design, thereby ensuring that strategies and programs align with moral principles while advancing global well-being. In sum, within an increasingly complex and interconnected world, adopting a multifaceted approach to international affairs enhances informed decision-making, supports robust policy formulation, and promotes sustainable global governance.

This paper has the following recommendation for the policymakers, diplomats, and scholars on how to navigate and influence international relations effectively using theoretical insights.

Policymakers, diplomats, and academics can use theoretical insights to effectively navigate and influence international relations by following the advice in this overview.

- i. To prioritize national interests, foresee strategic dangers, and adjust policies to global trends, policymakers need to comprehend and use theoretical frameworks such as constructivism, feminism, post-colonialism, realism, and liberalism. Additionally, in order to advance international understanding, encourage cultural exchange, and foster goodwill among nations and peoples, they ought to form strategic alliances and coalitions, encourage moral leadership, and take part in Track II diplomacy and public diplomacy.
- ii. In their diplomatic interactions, diplomats should employ constructivist insights to comprehend cultural norms, identities, and historical contexts; they should also use theoretical frameworks on conflict resolution and mediation to facilitate peace processes and cultivate dialogue and trust by engaging with diverse perspectives and values in a respectful manner and ease tense situations. Additionally, they ought to promote diplomatic innovation by fusing empirical research and real-world experience with theoretical understanding.
- iii. To improve theoretical knowledge and empirical research in international relations, scientists should do an interdisciplinary study across disciplines. They ought to connect with policy communities, offer evidence-based policy suggestions, encourage theoretical pluralism and critical thinking, and address ethical issues and global implications. Through policy briefs, workshops, and discussions, they should interact with policy communities and advance scholarship



that advances global governance, peacekeeping operations, and sustainable development objectives across the globe.

Based on solid theoretical understanding and empirical data, politicians, diplomats, and academics can effectively navigate and influence international relations by putting these ideas into practice. This will help to create a more peaceful, just, and co-operative global order.

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