

ABSTRACT
ANALYSIS OF SECURITY DILEMMA CONCEPT IN THE
UKRAINE CONFLICT

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The Russia-Ukraine conflict, which has been ongoing since 2014, has created significant security challenges for both nations and global stability. This conflict is influenced by the security dilemma, in which defensive actions by one party are perceived as a threat by the other, leading to escalation. In this context, this study aims to analyze how the seven key variables of the security dilemma are anarchy, need for self-help toward survival or security, uncertainty and fear, self-help through power competition, action-reaction dynamics, material and psychological regulators, and potential consequences—contribute to the escalation and persistence of the Russia-Ukraine conflict. This research employs a qualitative approach with a primary analytical method based on literature studies. Data is collected from various secondary sources, including government documents, academic articles, and publications from research organizations and international institutions. The analysis maps how each variable of the security dilemma manifests within the Russia-Ukraine conflict and how these variables interact within the dynamics of conflict escalation. The findings reveal that anarchy in the international system compels both Russia and Ukraine to adopt self-help strategies. Ukraine has strengthened its military and cooperated with NATO, while Russia has responded with military actions and expansion of influence. Uncertainty and fear regarding each party's intentions have further exacerbated tensions, accelerating power competition through increased military budgets and arms races. The action-reaction dynamics have worsened the conflict, reinforced by material regulators such as external support and military technology, as well as psychological factors such as cognitive biases and exaggerated threat perceptions. As a consequence, diplomatic resolution opportunities have diminished. This study confirms that the security dilemma is a major factor in the persistence of the Russia-Ukraine conflict. Escalation is driven by international anarchy that compels self-help strategies, uncertainty that heightens fear, and power competition exacerbated by action-reaction dynamics and regulatory factors. Therefore, resolution efforts should focus on enhancing policy transparency, sustained diplomacy, and international cooperation to reduce uncertainty and build trust. This research strengthens the understanding of the relevance of the security dilemma in complex international conflicts.

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Keywords: Security Dilemma, Ukrainian Conflict, International Relations, Diplomatic Initiatives, Threat Perception

Konflik Rusia-Ukraina yang berlangsung sejak 2014 telah menciptakan tantangan keamanan yang signifikan, baik bagi kedua negara maupun stabilitas global. Konflik ini dipengaruhi oleh dilema keamanan (*security dilemma*), di mana tindakan pertahanan satu pihak dianggap sebagai ancaman oleh pihak lain, sehingga meningkatkan eskalasi. Dalam konteks ini, penelitian ini bertujuan untuk menganalisis bagaimana tujuh variabel utama dalam konsep *security dilemma*, yaitu anarki, *need for self-help toward survival or security, uncertainty and fear, self-help through power competition*, aksi-reaksi, regulator material dan psikologis, serta konsekuensi potensial berkontribusi terhadap eskalasi dan keberlanjutan konflik Rusia-Ukraina. Penelitian ini merupakan jenis penelitian kualitatif dengan menggunakan metode deskriptif dan pendekatan analisis mayor. Penelitian ini menggunakan teknik studi literatur dengan menggunakan teknik analisis data kualitatif induktif. Analisis dilakukan dengan memetakan bagaimana masing-masing variabel dalam *security dilemma* muncul dalam konteks konflik Rusia-Ukraina dan bagaimana variabel tersebut saling berinteraksi dalam dinamika eskalasi konflik. Hasil penelitian menunjukkan bahwa anarki dalam sistem internasional memaksa Rusia dan Ukraina mengadopsi strategi *self-help*. Ukraina memperkuat militernya dan menjalin kerja sama dengan NATO, sementara Rusia merespons dengan aksi militer dan ekspansi pengaruh. Ketidakpastian dan ketakutan atas niat masing-masing pihak semakin memperparah ketegangan, mempercepat kompetisi kekuatan melalui peningkatan anggaran militer dan perlombaan senjata. Aksi-reaksi yang terjadi semakin memperburuk konflik, diperkuat oleh faktor regulator material seperti dukungan eksternal dan teknologi militer, serta faktor psikologis seperti bias kognitif dan persepsi ancaman yang berlebihan. Konsekuensinya, peluang penyelesaian diplomatik semakin kecil. Penelitian ini menegaskan bahwa *security dilemma* merupakan faktor utama dalam kelangsungan konflik Rusia-Ukraina. Eskalasi dipicu oleh anarki sistem internasional yang mendorong strategi *self-help*, ketidakpastian yang meningkatkan ketakutan, serta kompetisi kekuatan yang diperburuk oleh aksi-reaksi dan faktor regulator. Oleh karena itu, upaya resolusi harus difokuskan pada peningkatan transparansi kebijakan, diplomasi berkelanjutan, dan kerja sama internasional untuk mengurangi ketidakpastian serta membangun kepercayaan. Penelitian ini memperkuat pemahaman tentang relevansi *security dilemma* dalam konflik internasional yang kompleks.

Kata kunci: Dilema Keamanan, Konflik Ukraina, Hubungan Internasional, Inisiatif Diplomatik, Persepsi Ancaman