

# END OF THE COLD WAR

Timeline	Event	Information	Impacts				
1960s-1970	<b>Detente</b>  Guinea attempts to ease tensions and develop friendlier relations	<div><div><ul style="list-style-type: none"><li>- Growth of nuclear weapons of increasing power and increase in sophistication which these were developed led to<ul style="list-style-type: none"><li>- <b>Mutually Assured Destruction:</b> if nuclear war broke out then neither side both win and both would be equally destroyed</li><li>- <b>Ultimate fear and ultimate deterrent</b></li></ul></li><li>- <u>1962 Cuban Missile Crisis:</u> neither wanted war but they could lose control of the situation</li></ul></div><table><tr><th>USA Motives</th><th>USSR</th></tr><tr><td><ul style="list-style-type: none"><li>- Elected to end the Vietnam war</li><li>- Focus was fighting Vietnam not the USSR</li><li>- Wanted to save billions of 🤔 spent on nuclear weapons =&gt; improving living conditions, money on Vietnam</li></ul></td><td><ul style="list-style-type: none"><li>- USSR had a poor economy and standard of living</li><li>- Wanted to save money</li><li>- USA's performance in Vietnam proves its not unbeatable -&gt; we have sufficient nuclear weapons</li></ul></td></tr></table></div>	USA Motives	USSR	<ul style="list-style-type: none"><li>- Elected to end the Vietnam war</li><li>- Focus was fighting Vietnam not the USSR</li><li>- Wanted to save billions of 🤔 spent on nuclear weapons =&gt; improving living conditions, money on Vietnam</li></ul>	<ul style="list-style-type: none"><li>- USSR had a poor economy and standard of living</li><li>- Wanted to save money</li><li>- USA's performance in Vietnam proves its not unbeatable -&gt; we have sufficient nuclear weapons</li></ul>	<b>Domino theory:</b> the fear that if communism was allowed to triumph in one country, more would follow until communism dominated the world
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1972	SALT I	<div><ul style="list-style-type: none"><li>- Both wanted to reduce their stocks of nuclear weapons but neither wanted to appear to be backing down</li></ul><p>Basic principles</p><ul style="list-style-type: none"><li>• Superpowers agreed to prevent dangerous exacerbation in their relations</li></ul><p><b><u>SALT I nuclear arms treaty</u></b></p><ol style="list-style-type: none"><li>1. Mutual fear of triggering a nuclear war</li><li>2. Soviet fear of being isolated</li><li>3. US desire to withdraw from Vietnam war</li><li>4. Soviet keenness to reduce military spending</li></ol><table><tr><td><ul style="list-style-type: none"><li>• Limits on the number of nuclear missiles and bombs</li><li>• Limits on the development of anti-ballistic missile defences</li><li>• Each side allowed to use spy satellites to verify the other side the limitations imposed</li><li>• Further talks for salt I<ul style="list-style-type: none"><li>○ Further limits on number of bombers and missiles</li><li>○ Ban on development and testing of new types of inter ballistic missiles</li><li>○ Restrictions on the deployment of missiles</li></ul></li></ul></td></tr></table></div>	<ul style="list-style-type: none"><li>• Limits on the number of nuclear missiles and bombs</li><li>• Limits on the development of anti-ballistic missile defences</li><li>• Each side allowed to use spy satellites to verify the other side the limitations imposed</li><li>• Further talks for salt I<ul style="list-style-type: none"><li>○ Further limits on number of bombers and missiles</li><li>○ Ban on development and testing of new types of inter ballistic missiles</li><li>○ Restrictions on the deployment of missiles</li></ul></li></ul>	1) USA and USSR could reach agreements—> Showed both wanted better relations for a safer word			
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	Abandonment of detente	<ul style="list-style-type: none"> <li>- 1977: <b>Jimmy Carter</b> the new US president was strongly against communism</li> <li>- USA and USSR sent aid to opposing groups during the Angolan civil war</li> <li>- Opposition from the western bloc over soviet invasion of Afghanistan in Dec 1979</li> </ul>	
1981	Reagan's policies	<p><i><u>Economically straining the Soviet Union, combined with active and constructive diplomacy, helped bring about the end of ideological, strategic, and military competition globally in Europe</u></i></p> <p><b>(1983) Strategic defense initiative (SDI)</b> - aimed at detecting and destroying any potential nuclear attack on the US by intercontinental missiles</p> <ul style="list-style-type: none"> <li>- Renewal of the arms race</li> <li>- Missiles could be moved around easily and were aimed at targets in western USSR</li> <li>- <i><u>Provocative American actions and USSR's fearful response</u></i></li> </ul> <ul style="list-style-type: none"> <li>● His administration also provided extensive support to <u>anti-communist forces globally</u>, particularly in <u>Afghanistan</u>, further straining the Soviet economy as it tried to maintain strategic parity and manage its military commitments. <ul style="list-style-type: none"> <li>○ In Eastern Europe, Reagan <u>supported non-communist movements</u> like Poland's <u>Solidarity</u>, challenging <u>Soviet dominance in the region</u> and increasing internal pressures on the Soviet bloc.</li> <li>○ These strategies exacerbated the <u>Soviet Union's economic difficulties</u>, compelling them to <u>reconsider their heavy military expenditures</u> and global commitments, especially under the leadership of <u>Mikhail Gorbachev</u>, who recognised the unsustainability of these pressures.</li> <li>○ Gorbachev adopted a "<u>new thinking</u>" in foreign policy, aimed at ending strategic competition with the West and the arms race.</li> <li>○ De-ideologisation: As part of this shift, <u>Gorbachev ended Soviet military interventions</u> in Eastern Europe and Afghanistan, signalling a withdrawal from global ideological and strategic Cold War competition and the end of ideological division in Europe with the democratisation of Eastern Europe.</li> </ul> </li> </ul>	<p>- Escalated the arms race and placed <u>immense economic pressure</u> on the USSR</p> <p>Pressured the USSR economically Broke off arms control negotiations - USSR felt <u>threatened</u> by the missiles due to their mobility and capacity for rapid deployment</p>

		<ul style="list-style-type: none"> <li>Reagan's willingness to engage diplomatically with Soviet leader Mikhail Gorbachev also eased Cold War tensions. <ul style="list-style-type: none"> <li>Reagan shifted his stance when he recognised <u>Gorbachev's genuine interest</u> in reform and reducing tensions, moving away from depicting the <u>USSR as an "evil empire."</u></li> <li>Reagan-Gorbachev Summits: The two leaders held five summit meetings between 1985 and 1988, where they built a strong personal rapport and made significant progress in arms control, including the signing of the <u>Intermediate-Range Nuclear Forces (INF) Treaty</u>.</li> <li>Reagan's foreign policy shift from <u>confrontation to cooperation allowed for a de-escalation of tensions</u> by 1989, marked by the <u>end of the arms race.</u></li> </ul> </li> </ul>	
1985	<p>Gorbachev's Policies</p> <div data-bbox="237 947 363 1037" data-label="Image"> </div> <p>Believed communist rule has should make life better for people</p> <p>Wanted radical reforms</p> <p>[bg knowledge of easing tensions] + Summit meetings between Gorbachev and</p>	<p>Situation:</p> <p><b>Economy:</b> Could not keep up with US military spending, Soviet industry was not growing</p> <ul style="list-style-type: none"> <li><u>Deterioration of living standards</u> and satellite states were lower than in Western countries</li> <li><u>Increasing unrest</u> as low living standards and lack of human rights in satellite states (oppression to keep control)</li> </ul> <p><b>(1985-1991) Glasnost:</b> (openness) Understanding of how Russians will function in a more liberal country</p> <ul style="list-style-type: none"> <li>Open debate on government policy</li> <li>Honesty in facing problems</li> <li>Exposed to aspects of the outside world, especially quality of life in the west</li> <li>Meant to make people more supportive but caused many to lose even more confidence in communist rule</li> <li><u>Criticism</u> of the government in the <u>media</u> =&gt; made people <u>resent the government more</u></li> <li>Exposed shortcomings and corruptions</li> <li>Russians could not handle this</li> <li>Created a platform to unleash <u>criticism of communist rule</u> that led to the disintegration of the USSR</li> <li>Criticism of communist rule was now <b>uncontrollable</b></li> <li><b>Moved USSR towards more democratic principles</b></li> </ul> <p><b>(1985) Perestroika:</b> Policies with aim to <u>restructure</u> USSR</p> <ul style="list-style-type: none"> <li>Extended in Russian foreign policies</li> <li>Other communist countries to be self-dependent instead of on the USSR</li> <li>Encourage efficiency</li> </ul>	<p>Military over investment Diverted economic resources Financial strain from supporting proxy wars</p> <p>Foreign policy: established goodwill between 2 sides that had eroded since the ending of the detente</p>

Reagan

- Fight corruption
- Introduction of market forces
- Failed as no overall increased output
- Chronic unemployment, growth of black markets, shortage in basic necessities
- Small businesses were unprofitable (high taxes, lack of infrastructure) -> people lost interest in setting up
- Autonomy for business, shift to capitalist system
- *deliberate rethinking of the Soviet system by the reform-minded Gorbachev, effectively marking the end of ideological rivalry between the East and West by 1989 as the Soviet Union began to embrace democratic and capitalist principles.*

**Foreign policy:**

- Nuclear disarmament talks with reagan
- Intermediate range nuclear forces treaty (INF) in 1987

(1989) De-ideologisation: Gorbachev wanted to end the ideologically-driven policies in USSR that led to conflict with USA

- Military intervention in other countries to support communist revolutions or regimes
- Gorbachev's commitment to reducing military expenditures and ending Soviet interventions, as demonstrated by the Soviet withdrawal from Afghanistan and the adoption of the Sinatra Doctrine, was driven by his own progressive vision of establishing 'socialism with a human face.' rather than by Reagan's pressure or engagement.
  - o The Sinatra Doctrine represented a departure from the Brezhnev Doctrine, allowing Eastern European states to pursue their own political paths without Soviet interference, which accelerated the collapse of communist regimes across the region.
  - o In countries like Poland, Hungary, East Germany, and Czechoslovakia, the absence of Soviet support emboldened popular movements demanding political reform and independence, leading to the peaceful overthrow of communist regimes, marking the end of the Cold War's ideological division in Europe.
  - o *Decreased the USSR's influence in Europe*