

# 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 <u>provided extensive support to 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>o In Eastern Europe, Reagan <u>supported non-communist movements</u> like <u>Poland's Solidarity</u>, challenging <u>Soviet dominance in the region</u> and increasing internal pressures on the Soviet bloc.</li> <li>o 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>o Gorbachev adopted a "<u>new thinking</u>" in foreign policy, aimed at ending strategic competition with the West and the arms race.</li> <li>o 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</u> allowed for a <u>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="237 947 362 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	<ul style="list-style-type: none"> <li>• Fight corruption</li> <li>• Introduction of market forces</li> <li>• <u>Failed as no overall increased output</u></li> <li>• Chronic unemployment, growth of black markets, shortage in basic necessities</li> <li>• <u>Small businesses were unprofitable</u> (high taxes, lack of infrastructure) -&gt; people lost interest in setting up</li> <li>• Autonomy for business, shift to capitalist system</li> <li>• <i>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.</i></li> </ul> <p><b>Foreign policy:</b></p> <ul style="list-style-type: none"> <li>- Nuclear disarmament talks with reagan</li> <li>- Intermediate range nuclear forces treaty (INF) in 1987</li> </ul> <p>(1989) De-ideologisation: Gorbachev wanted to end the ideologically-driven policies in USSR that led to conflict with USA</p> <ul style="list-style-type: none"> <li>- Military intervention in other countries to support communist revolutions or regimes</li> </ul> <ul style="list-style-type: none"> <li>• Gorbachev's commitment to <u>reducing military expenditures</u> and <u>ending Soviet interventions</u>, as demonstrated by the Soviet withdrawal from Afghanistan and the adoption of the <u>Sinatra Doctrine</u>, was driven by his own progressive vision of establishing '<u>socialism with a human face.</u>' rather than by Reagan's pressure or engagement. <ul style="list-style-type: none"> <li>o The Sinatra Doctrine represented a <u>departure from the Brezhnev Doctrine</u>, allowing Eastern European states to <u>pursue their own political paths</u> without <u>Soviet interference</u>, which <u>accelerated the collapse of communist regimes across the region.</u></li> <li>o In countries like Poland, Hungary, East Germany, and Czechoslovakia, the absence of Soviet support <u>emboldened popular movements demanding political reform and independence</u>, leading to the peaceful overthrow of communist regimes, <u>marking the end of the Cold War's ideological division in Europe.</u></li> <li>o <i>Decreased the USSR's influence in Europe</i></li> </ul> </li> </ul>	
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