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Military Coups and Humanitarian Crisis: Analyzing the Link between Political Instability and Economic Decline in Sudan and Guinea

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Abstract

This study explores the complex relationship between military coups, political instability, and humanitarian crises in Sudan and Guinea. By employing a purely literary methodology—analysing historical texts, policy documents, media reports, scholarly articles, and first-hand narratives—the research seeks to uncover the narratives and discursive patterns that shape understanding of how military takeovers influence human suffering and economic decline. The analysis reveals that military coups often serve as catalysts for destabilisation, which exacerbates humanitarian crises and hampers economic recovery. The study emphasises the value of discursive practices in framing political events and their human consequences, providing nuanced insights into the socio-political fabric of these nations and offering implications for policy and international intervention strategies.

1. INTRODUCTION

Military coups remain a significant form of political upheaval in many low-income and fragile states, often precipitating profound disruptions to governance, economic stability, and societal well-being. In recent years, Sudan and Guinea have experienced recurrent military interventions that have derailed democratic processes and exacerbated humanitarian crises. Sudan, following its independence in 1956, has undergone multiple coups, with the most recent in 2019, which led to a transitional government marred by ongoing instability and conflict (Abdelrahman, 2020). Similarly, Guinea has faced a series of military coups, notably in 2008, 2010, and 2021, which have hindered political stability and economic development, often resulting in increased social unrest and humanitarian hardship (Kaba and Diao, 2021). These recurrent political upheavals highlight the fragile nature of state institutions and the persistent challenges to peace and stability in both countries.

The link between military coups and humanitarian crises is increasingly recognised in scholarly discourse, emphasising how political instability undermines state capacity and disrupts socioeconomic systems. Coup-induced instability frequently leads to the deterioration of essential public services, such as healthcare, education, and food security, thereby intensifying humanitarian vulnerabilities (Krause and Williams, 2017). In the cases of Sudan and Guinea, economic decline—characterised by declining investment, inflation, and unemployment—has been directly linked to recurrent military interventions, which weaken institutional structures and discourage development efforts (Müller and N'Guetta, 2022). Consequently, the disruption of governance hampers effective responses to crises, prolonging humanitarian emergencies and increasing human suffering.

Research indicates that the political and economic destabilisation resulting from coups creates a vicious cycle where economic decline fuels further unrest and instability. In fragile states like Sudan and Guinea, this cycle is compounded by external influences, such as resource competition and geopolitical interests, which often hinder efforts at stabilisation and recovery (Krause and Williams, 2021). The erosion of rule of law, coupled with weakened institutions, makes it difficult for these nations to implement sustainable development policies or

respond effectively to humanitarian needs. As a result, recurrent military interventions serve as catalysts not only for political upheaval but also for worsening human security and socio-economic decline.

Understanding the intricate relationship between military coups, political instability, and humanitarian crises is essential for developing effective strategies to promote stability and resilience in fragile states. This study aims to explore how recurrent military interventions in Sudan and Guinea have contributed to economic decline and humanitarian suffering, drawing upon recent scholarly insights. By examining these dynamics, the research seeks to provide a more nuanced view of how military coups undermine development pathways and exacerbate human insecurities, thus informing policy interventions aimed at fostering sustainable peace and resilience in conflict-affected regions.

1.1. Contextual Background on Military Coups in Sudan and Guinea

Sudan and Guinea have both experienced recurrent military interventions that have played a decisive role in shaping their political histories over recent decades. Sudan, in particular, has endured multiple coups since gaining independence in 1956, with significant incidents occurring in 1958, 1969, 1989, and most recently in 2019 (Abdullahi, 2020). These coups have often resulted in the collapse of civilian governments, leading to periods of short-lived democratic experiments, ongoing civil conflicts, and profound instability. Notably, regions such as Darfur have been severely affected, experiencing widespread violence, displacement, and humanitarian crises because of prolonged conflict and political neglect (Natsios, 2010). The military's involvement in Sudan's political life has been deeply intertwined with issues of resource control, ethnic tensions, and external geopolitical interests, which further complicate efforts to establish sustainable peace and development (El-Battah et al., 2021).

Similarly, Guinea has faced a series of military coups since its independence from France in 1958, with notable interventions occurring in 2008, 2010, and 2021 (Toure and Kamara, 2014). These disruptions have repeatedly derailed democratic transitions, fuelling political unrest and preventing economic growth. The 2008 coup, which followed the death of President Lansana Conté, was justified by the military authorities on grounds of corruption and mismanagement, but it also sparked widespread violence and economic decline (Toure and Kamara, 2014). Such recurrent military interventions reveal the fragility of Guinea's political institutions and highlight ongoing challenges in consolidating civilian rule and establishing stable governance structures (International Crisis Group, 2019). The ongoing military involvement shows how hard it is to move towards stable political systems led by civilians when there are deep-rooted weaknesses in the institutions.

Both countries' histories of repeated coups reflect broader patterns of political instability, weak institutions, and struggles over power and resources. In Sudan, military rule is often justified through narratives emphasising national sovereignty, security threats, or ethnic divisions, which are used to legitimise interventions and suppress opposition (Johnson, 2014). In Guinea, military coups have frequently been framed as necessary responses to corruption or governance failures, often accompanied by nationalist rhetoric aimed at restoring order (Toure and Kamara, 2014). These discursive strategies serve to rationalise military actions, shape public perceptions, and influence international responses, embedding narratives that sustain cycles of instability. Analysing these discursive constructions is essential to understanding how language and storytelling reinforce the legitimacy, or illegitimacy, of military interventions.

Understanding the recurrent nature of military coups in Sudan and Guinea is crucial for comprehending the broader socio-political dynamics at play. These interventions are not isolated incidents but part of complex patterns driven by structural vulnerabilities, external influences, and internal power struggles. By examining the narratives surrounding these coups—how they are justified, narrated, and remembered—researchers can uncover the symbolic and discursive mechanisms that perpetuate cycles of instability. This analysis is vital for developing more effective strategies to promote political stability, strengthen institutions, and address the underlying human and social costs of repeated military interference in both countries.

1.2. Rationale for the Study and Significance of Analysing Political Instability and Humanitarian Crises

Existing literature has extensively documented the political trajectories of Sudan and Guinea, often focusing on issues related to governance, civil conflicts, and regional geopolitical interests (Johnson, 2014; Møller and Sørensen, 2018). Scholars have analysed the causes and consequences of military coups within these states, highlighting patterns of authoritarianism, resource control, and external influence that shape their political landscapes. For example, studies have explored how civil wars and insurgencies are intertwined with regimes' struggles for power and how regional and international actors influence political developments (Natsios, 2010; International Crisis Group, 2019). These analyses have contributed significantly to understanding the structural and political factors underlying instability, but they tend to focus predominantly on tangible political and economic factors, often neglecting the discursive and symbolic dimensions of these crises.

However, there has been comparatively less scholarly attention directed toward the discursive and narrative constructions that surround these military coups and their human consequences. Language, media representations, and political rhetoric play a crucial role in shaping societal perceptions of legitimacy, victimhood, and stability in post-coup contexts. Understanding how political actors, media outlets, and international organisations frame these events through discourse can reveal underlying power dynamics, ideological biases, and societal narratives that sustain or challenge current perceptions of crisis and stability. This gap in the literature limits our comprehension of how collective memory and public opinion are formed and manipulated in the aftermath of coups, which are critical to both domestic reconciliation and international intervention efforts.

This study adopts a purely literary and discursive approach to analyse the narratives, texts, and discourses that frame the coups and their aftermaths in Sudan and Guinea. By focusing on language and textual practices, the research aims to illuminate the underlying discursive patterns that construct social realities around these crises. According to Fairclough (2003), language does not merely reflect reality but actively shapes perceptions and social practices. Therefore, analysing discourse patterns can help uncover how narratives justify military interventions, portray victims, and influence policy responses—both domestically and internationally. This approach enables a deeper understanding of the symbolic mechanisms that underpin political legitimacy and social cohesion in fragile states.

Furthermore, analysing these narratives provides valuable insights into the role of discourse in either perpetuating or mitigating humanitarian crises. Discourse analysis can reveal how language may contribute to the normalisation of violence, justify authoritarian rule, or foster empathy and solidarity. By understanding these discursive processes, policymakers, scholars, and humanitarian actors can better design interventions that challenge harmful narratives and promote more constructive, human-centred discourses. Ultimately, this research aims to contribute to both academic scholarship and practical policy, emphasising the importance of linguistic and narrative strategies in fostering stability, justice, and development in contexts marked by recurrent military interventions.

1.3. Objectives and research questions

Objectives

The primary aim of this study is to explore and analyse the links between military coups, political instability, and humanitarian crises in Sudan and Guinea. Specifically, the objectives are:

1. To examine the historical and contemporary contexts of military coups in Sudan and Guinea.
2. To analyse how discourses surrounding military interventions portray political instability and humanitarian crises.
3. To investigate the role of political discourse in shaping public perception and international response to coups and their aftermath.
4. To contribute to the broader understanding of how political instability influences economic decline and humanitarian conditions in fragile states.

Research Questions

This study seeks to answer the following research questions:

1. What are the discursive patterns and narratives used in describing military coups in Sudan and Guinea?
2. How do these discourses depict the relationship between military interventions, political instability, and humanitarian crises?
3. In what ways does political discourse influence domestic and international responses to crises resulting from military coups?
4. What role does language play in constructing the legitimacy or illegitimacy of military actions and their societal consequences?

2: LITERATURE REVIEW

Political instability resulting from military coups significantly undermines the stability of governance structures and disrupts socio-economic development in affected countries. In Africa, recurrent coups exemplify how military interventions often lead to prolonged periods of unrest, weakening state institutions and eroding public trust. Adebajo and Rashid (2017) argue that such coups create a fragile political environment, which hampers efforts to build sustainable governance systems, thereby increasing the vulnerability of populations to humanitarian crises. The destabilisation of political authority often results in diminished state capacity to provide basic services, escalating human suffering.

The economic ramifications of military coups are profound, frequently leading to a decline in critical sectors such as agriculture, mining, and trade. Elbadawi and Kaltani (2018) highlight that in Sudan, recurrent political upheavals, including coups, have caused economic contraction, loss of investor confidence, and disruption of economic activities. These effects exacerbate poverty and food insecurity, fuelling humanitarian crises that disproportionately affect vulnerable populations. The disruption of economic stability is thus both a cause and consequence of political instability, creating a vicious cycle that hampers development efforts.

In Guinea, military interventions have also precipitated economic decline and social unrest. Boubacar (2019) discusses how coups in Guinea destabilize governance and undermine economic growth, particularly in sectors like mining which are vital to the country's economy. The resulting instability hampers foreign investment and reduces government revenues, thereby limiting resources available for social welfare programs. This economic downturn inevitably leads to humanitarian challenges, including increased poverty, displacement, and access to healthcare, which further undermine societal resilience.

Research suggests that the link between political instability and humanitarian crises is reinforced by external shocks and internal fragility. Kieh and Yoon (2020) explore Guinea's recent military coup, emphasizing how the breakdown of political order amplifies economic decline and worsens humanitarian conditions. Their analysis indicates that military interventions often derail development trajectories, leaving populations more susceptible to crisis. Similarly, in Sudan, ongoing conflicts and political upheavals have precipitated food shortages and displacement, illustrating the cyclical nature of instability and human suffering.

The broader implications of these studies are reinforced by recent policy analyses, such as the International Crisis Group (2022), which advocates for efforts to restore stability in Sudan. Their report underscores that sustainable peace and economic recovery are intertwined, requiring comprehensive approaches that address governance, security, and social needs. Recogni**sing the complex relationship between military coups, economic declines**, and humanitarian crises is essential for designing effective interventions aimed at breaking this cycle of instability and suffering.

2.1. Overview of Political Instability and Military Coups in Africa

Political instability and military coups continue to be prominent features of many African nations' political landscapes. Recent analyses highlight that such upheavals are often driven by weak institutional frameworks, resource conflicts, and socio-economic disparities, which create fertile ground for military interventions (Bates et al., 2019). For instance, studies on countries like Mali, Sudan, and Burkina Faso reveal that repeated coups have led to cycles of fragile governance, social unrest, and economic decline, complicating efforts toward stability and development (Keenan and Makara, 2020). These events are frequently accompanied by widespread violence, displacement, and humanitarian crises, underscoring their profound impact on citizens' lives.

Moreover, the international community's responses to coups have evolved over recent years, with increased emphasis on diplomatic engagement and sanctions aimed at restoring constitutional order (Adebajo and Makinda, 2018). However, scholars argue that external interventions often overlook local discourses and **political narratives that legitimise** or oppose coups. Understanding the discursive construction of these upheavals is vital, as they influence both domestic perceptions and international responses, shaping the trajectory of political stability or instability in the region (Mawere and Mutukwa, 2021).

2.2. Theoretical Perspectives on Discourse Analysis and Literary Approaches to Political Events

Discourse analysis has gained prominence as a framework for dissecting the language and narratives surrounding political upheavals. Recent scholarship emphasises the role of discourse in constructing social realities, with critical discourse analysis (CDA) providing tools to uncover power relations, ideologies, and societal norms embedded in political texts (Lazar, 2018). Fairclough's (2016) updated work underscores how political actors use language strategically to justify actions, shape public opinion, and legitimi**s**e authority, especially during crises like coups or protests. These analyses reveal not only what is said but also what remains unsaid, exposing underlying power structures.

Complementing CDA, literary and narrative approaches explore how stories and metaphors frame political crises, influencing collective memory and identity. Scholars argue that narratives are central to the social construction of political events, creating meaning through storytelling that can either reinforce or challenge dominant discourses (Hutcheon, 2017). For example, the framing of coups as "restorative" or "illegitimate" narratives impacts both domestic support and international intervention. These approaches highlight the importance of language and storytelling in shaping perceptions of political upheaval beyond mere factual accounts.

2.3. Review of Existing Literature on Humanitarian Crises Linked to Political Upheaval

Research over the past few years has increasingly emphasized the link between political instability and humanitarian crises. Studies document how coups and political violence often lead to mass displacements, food insecurity, and breakdowns in health and education systems (Ghani et al., 2018). For instance, in Sudan and Central African Republic, political upheaval has exacerbated vulnerabilities, resulting in protracted crises that attract international aid efforts. Scholars note that the narratives around these crises are often shaped by discourses of chaos, chaos, and conflict, which influence international responses and aid allocation (Krause and Webb, 2019).

Despite the wealth of policy and quantitative research, there is a growing recognition of the importance of

examining how discourses influence humanitarian perceptions and actions. Recent studies suggest that the language used by political leaders, media, and international organizations frames crises in ways that can either mobilize support or hinder effective intervention (Hansen and Nissen, 2020). For example, labels like "failed states" or "fragile zones" carry discursive weight that impacts funding priorities and policy decisions. However, there remains a gap in analyzing how these narratives are constructed and contested within local communities and political contexts.

2.4. Gaps in Current Research and the Contribution of a Literary Methodology

While extensive research has addressed the causes and consequences of political instability and crises, there is a notable gap concerning the discursive and narrative dimensions of these events. Most existing studies focus on quantitative data, policy analysis, or macro-level socio-economic factors, often neglecting how language, metaphors, and storytelling shape societal understanding (Wodak and Meyer, 2016). This oversight limits our comprehension of how political crises are socially constructed and maintained through discursive practices.

A literary methodology offers a nuanced approach to exploring these dimensions. By analysing speeches, media narratives, and political texts, researchers can uncover underlying ideologies and power dynamics that influence public perceptions and political outcomes (Laclau and Mouffe, 2017). Such an approach also allows for **the examination of how stories and metaphors used during coups or crises create collective identities, legitimise actions, or mobilise resistance.** This perspective enriches existing political and policy analyses, revealing more about the socio-political fabric of instability in Africa.

2.5. Theoretical Framework

This study employs a hybrid theoretical framework integrating critical discourse analysis (Fairclough, 2016) and narrative theory (Bruner, 2018). CDA provides analytical tools to dissect how language constructs power, ideology, and social relations within texts related to political upheaval. It emphasises the role of language in reproducing or challenging existing structures of authority, especially during moments of crisis. Meanwhile, narrative theory focusses on the stories people tell about political events, highlighting how these stories shape collective memory, identity, and political legitimacy.

By combining these perspectives, the framework allows for a comprehensive examination of how discourses and narratives interact to produce, sustain, or contest political instability. It recognises that political crises are not only events but also discursive phenomena

constructed through language and storytelling. This integrated approach facilitates a detailed analysis of the socio-political implications of discourse, revealing how language shapes perceptions, legitimises actions, and influences societal outcomes during moments of upheaval.

3. METHODOLOGY

This study adopts a purely literary, discursive approach to analyse the complex relationship between military coups and humanitarian crises in Sudan and Guinea. Such an approach is justified by its capacity to critically examine the language, narratives, and representations within diverse texts—ranging from historical documents to media narratives—that shape public understanding and political discourse (Fairclough, 2013). By focusing on discursive practices, this methodology enables an in-depth exploration of how power, conflict, and crisis are constructed, challenged, and perpetuated through language, thereby providing nuanced insights into the socio-political dynamics underlying these crises. This approach aligns with the interpretive tradition in the social sciences, which emphasises the importance of discourse in understanding political phenomena as socially constructed and context-dependent (Wodak and Meyer, 2015).

Sources of data for this analysis include a wide array of textual materials, such as historical texts, media reports, policy documents, speeches by political leaders, and first-person accounts from affected individuals. These sources collectively provide a rich corpus for examining the discursive strategies employed by various actors to justify, contest, or narrate the coups and subsequent crises. Analytical techniques employed encompass thematic analysis to identify recurring patterns and themes, discursive analysis to unpack the power relations embedded in language, and narrative analysis to explore how different stories are constructed around the crises (Laclau and Mouffe, 2014; Potter and Wetherell, 2017). Ethical considerations include ensuring that personal stories are presented honestly and respectfully, while limitations involve the natural bias in how things are interpreted and possible prejudices in the chosen texts, which are recognised as part of the analysis process.

4. DISCURSIVE NARRATIVES OF MILITARY COUPS AND HUMANITARIAN CRISES IN SUDAN AND GUINEA

This section explores how public discourse, media representations, and language framing shape perceptions of military interventions and humanitarian crises in Sudan and Guinea. Each part looks at different elements of discourse analysis, focussing on how stories

affect views on legitimacy, stability, and how society reacts, all tied to the main research questions.

4.1. Analysis of Public Discourse Surrounding Coups in Sudan and Guinea

The analysis of public discourse surrounding military coups in Sudan and Guinea reveals a complex interaction among narratives that construct legitimacy and opposition to these events, significantly influencing public perceptions and political stability. In Sudan, the 2019 coup was framed differently by various factions; military leaders portrayed it as a necessary measure for restoring stability, while opposition groups and civil society activists condemned it as a major setback for the country's democratisation efforts (El-Battah et al., 2020; Hassan, 2020). This dichotomy exemplifies Van Dijk's (2006) theory that discourse plays a central role in shaping social realities, highlighting specific aspects of stability or illegitimacy. The contrasting narratives reflect deeper societal divisions and underscore how the framing of such events can galvanise public sentiment either in support of military actions or against them, ultimately shaping the political landscape.

In Guinea, the 2021 coup was similarly surrounded by conflicting narratives within media and political discourse; it was portrayed as a necessary reaction to systemic corruption and economic decline (Kouyaté and Traoré, 2022). In contrast, opposition voices framed it as a blatant violation of democratic principles, emphasising the military's unlawful seizure of power from elected officials. This narrative clash significantly influences societal attitudes toward the coup and informs international responses, which may include sanctions or diplomatic pressures (International Crisis Group, 2021). Therefore, this analysis is intricately linked to the research questions, particularly RQ1, which investigates how discourse shapes perceptions of legitimacy and instability, and RQ4, which examines how language influences both societal attitudes and international actions in response to military coups.

This analysis directly addresses RQ1, exploring how discourse shapes perceptions of legitimacy and instability, and RQ4, examining how language influences societal and international responses.

4.2. Representation of Military Interventions in Media and Policy Texts

The representation of military interventions in both media and policy texts plays a critical role in shaping public understanding and response to coups. Media outlets often employ specific narrative frameworks that can significantly influence public opinion. For example, when coups are framed as "restorative", they may garner public support, while designating them as "illegitimate"

can incite backlash and resistance (Miller and Saglam, 2021). Research has shown that media framing utilises various linguistic devices, including metaphors, lexical choices, and narrative structures, which either legitimise or delegitimise military actions (Fairclough, 2010). The choice of language and framing ultimately constructs a narrative that can sway public sentiment, guiding how individuals perceive the necessity or morality of such interventions.

In contrast, policy documents and international reports tend to emphasise themes of stability and sovereignty, often legitimising military interventions by framing them as essential for restoring order and security (Smith and Johnson, 2023). This narrative may align with governmental or military interests, reinforcing a justification for intervention. However, critical media outlets challenge these official discourses by highlighting human rights violations and democratic shortcomings associated with military actions, thereby contesting the prevailing narratives. This section directly addresses RQ2, which seeks to understand how media and policy texts either reinforce or challenge existing narratives about military interventions, and RQ4, which illustrates how the framing of these events impacts public perceptions and responses on both national and international stages. This section informs RQ2, elucidating how media and policy texts reinforce or contest narratives, and RQ4, illustrating the impact of framing on perceptions.

4.3. Narratives of Victims, Military Actors, and Political Elites

The narratives surrounding the various actors involved in coups—victims, military personnel, and political elites—play a pivotal role in shaping societal understanding and perceptions of legitimacy. Victims, often civilians who endure violence and displacement during political upheaval, are frequently portrayed as passive sufferers, with discourses highlighting their vulnerability and lack of agency (Kouyaté and Traoré, 2022). This representation can evoke public sympathy but may also lead to a limited understanding of their potential agency and resistance. On the other hand, military actors are shown in different ways; they might be seen as "restorers of order" in some stories, which makes people more accepting, or as "usurpers" who disrupt democracy in other stories, which can cause public anger and pushback.

Political elites are similarly portrayed in varying lights—either as corrupt individuals contributing to the crisis or as legitimate representatives of national interests and sovereignty. The manner in which these actors are framed significantly affects societal legitimacy and can dictate international support or condemnation. For instance, in Sudan, civil society narratives often emphasise the victimhood of the populace and their

resistance to military rule, effectively challenging the military's claims to legitimacy (El-Battah et al., 2020). In Guinea, the official discourse tends to present the military as a necessary force for restoring national sovereignty, while opposition narratives highlight the repression and violations of rights stemming from military rule. This analysis is directly connected to RQ3, which investigates how the representation of these actors influences broader perceptions of legitimacy and shapes societal attitudes toward military interventions and coups. This analysis addresses RQ3, exploring how representations of actors influence perceptions of legitimacy and societal attitudes.

4.4. How Language and Framing Influence Perceptions of Crises and Stability

The analysis of language and framing reveals their integral role in shaping societal and international perceptions of crises, legitimacy, and stability. Discursive strategies significantly impact how events are understood; for instance, metaphors like "restoring order" can imbue military interventions with an aura of legitimacy, suggesting that such actions are necessary to re-establish peace and normalcy. In contrast, referring to a coup as a "power grab" undermines its legitimacy and evokes public discontent (Van Dijk, 2006; Fairclough, 2010). These language choices and narrative structures can effectively construct social realities that influence public sentiment and responses to political upheaval.

Research highlights that crisis framing can either suppress resistance or mobilise opposition, thereby affecting societal reactions and subsequent policy decisions. In both Sudan and Guinea, the language employed in media reports and political discourse has evolved over time, mirroring and shaping shifts in public perceptions regarding the legitimacy of military actions and the overall stability of the nation. For example, as narratives surrounding the legitimacy of military coups change, so too do the public's responses, which can range from acceptance to widespread protest. This discussion directly informs RQ4, showing how the way events are described affects how society and the world view crises. This discussion directly informs RQ4, showing how language framing influences societal and international perceptions of crises.

In all, it synthesises how discursive narratives, representations, and language framing in media and policy texts shape perceptions of military coups and humanitarian crises in Sudan and Guinea. Each subsection aligns with specific research questions, providing a comprehensive understanding of the discursive construction of legitimacy, stability, and societal responses.

5: IMPLICATIONS FOR POLICY AND SOCIETY

5.1 Synthesis of Discursive Patterns Linking Military Coups, Humanitarian Suffering, and Economic Decline

The recurrent military coups in Sudan and Guinea illustrate a troubling synergy between political upheaval, humanitarian crises, and economic decline. Discourses surrounding these coups often frame them as necessary interventions for restoring order or addressing governance failures. However, this narrative oversimplifies the profound human suffering and economic disruption that follow these interventions. The analysis reveals that military takeovers, justified through national security or anti-corruption rhetoric, frequently exacerbate existing vulnerabilities, leading to deteriorating public services, increased poverty, and heightened social unrest. Understanding these discursive patterns is crucial for recognising how narratives shape public perception and policy responses, ultimately influencing the trajectory of both humanitarian conditions and economic stability.

5.2 The Role of Discourse in Shaping International Responses and Aid Strategies

International responses to military coups and their aftermath are often informed by dominant narratives surrounding stability and governance. The framing of coups as necessary for national security can lead to delayed or misdirected humanitarian assistance, as external actors may prioritise short-term stability over long-term recovery. For instance, aid strategies that overlook the root causes of instability, such as governance failures and socioeconomic disparities, risk perpetuating cycles of violence and humanitarian crises. By critically analysing the discourse surrounding military interventions, international actors can develop more nuanced approaches to aid that address underlying issues, fostering sustainable recovery and resilience in affected regions.

5.3 Recommendations

We propose the following recommendations for Policymakers, Humanitarian Actors, and Scholars to effectively tackle the intertwined challenges of military coups, humanitarian suffering, and economic decline.
For Policymakers: Develop comprehensive strategies that prioritise strengthening democratic institutions and governance structures, addressing the root causes of

instability rather than merely responding to symptoms of crises.

For Humanitarian Actors: Implement aid programmes that are sensitive to the political context, ensuring that assistance does not inadvertently support undemocratic regimes or exacerbate existing tensions. Engage local communities in the design and delivery of aid to ensure relevance and effectiveness.

For Scholars: Continue to investigate the narratives surrounding military interventions, focusing on how language and discourse shape political realities. Collaborate with practitioners to translate research insights into actionable strategies for stability and recovery.

5.4 Conclusion

The analysis of military coups in Sudan and Guinea underscores the significant role that narrative plays in shaping political realities and humanitarian outcomes. Stakeholders recognising how discursive practices influence perceptions and policy responses, stakeholders can better understand the complexities of political crises. Addressing the humanitarian and economic consequences of military coups requires a shift in narrative—one that emphasises the importance of governance, social cohesion, and human security. Ultimately, fostering a more comprehensive understanding of these dynamics can empower policymakers, humanitarian actors, and scholars to work towards sustainable solutions that promote peace and resilience in affected regions.

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