America’s Midterm Elections 2026



An Analysis by Dr. Muhammad Iqbal Khalil
Chairman, Institute of Regional Studies (IRS), Peshawar

On November 3, 2026, midterm elections were held in the United States. These elections take place halfway through a four-year presidential term, that is, every two years. During these elections, representatives are elected at various levels, including the US House of Representatives, some seats in the Senate, state legislatures, and governorships.

Midterm elections hold special significance in the American political system. In fact, they serve as a kind of public assessment of the policies and performance of the sitting president. Once the first two years of a president’s term have been completed, voters evaluate the administration’s domestic and foreign policies, economic measures, and overall governance before casting their votes.

There are essentially two major political parties in the United States: the Republican Party and the Democratic Party. Most electoral contests take place between these two parties. Although the Green Party and several smaller political parties also participate in the electoral process, their influence at the national level remains relatively limited.

An important stage in the American electoral system is the primary election. During these elections, political parties select their candidates through an internal electoral process. Candidates who secure their party’s nomination subsequently participate in the general elections. Thus, the process of becoming a political party candidate and eventually being elected as a public representative involves several stages.

Public Reaction Against Trump’s Policies

The 2026 midterm elections attracted extraordinary attention around the world. One major reason was American foreign policy, particularly the ongoing tensions in the Middle East, the situation in Palestine and Gaza, and the conflict between the United States and Iran.

Over the past several years, Israel’s devastating military operations against the Palestinian people, particularly the civilian population of Gaza, have shaken the conscience of the international community. The killing of women, children, elderly people, and ordinary civilians has generated widespread international outrage.

This is no longer merely a regional or political dispute; it has also become a major question concerning human rights, humanitarian values, and international law.

America’s continued political, military, and financial support for Israel has brought US foreign policy under considerable criticism. Similarly, tensions and military actions involving the United States, Israel, and Iran have further increased concerns about international peace.

As a result of these developments, large demonstrations and protest rallies in support of the Palestinian people have taken place in the United States and several European countries. Surprisingly, these demonstrations have not been attended by Muslims alone. Large numbers of non-Muslims, human rights activists, students, and liberal-minded citizens have also participated.

This situation has raised an important question in American politics: Does US foreign policy genuinely represent the interests of the American people?

Is spending American taxpayers' money on foreign wars and military operations consistent with the wishes of the American public?

These questions are now being raised with increasing intensity within American society.

Donald Trump's Election Promises and Practical Actions

When Donald Trump was campaigning for the presidency, he presented himself as an opponent of wars and a champion of peace. He claimed that he had the ability to bring an end to conflicts in different parts of the world and keep America away from unnecessary wars.

On various occasions, he also claimed to have played a role in resolving wars and disputes between several countries. Regarding the tensions that emerged between Pakistan and India last year, he repeatedly claimed diplomatic success.

However, his policies concerning Iran and the Middle East have faced severe criticism. According to critics, while he continued to speak about ending wars and promoting peace, America's military power and support for Israel played a role in increasing tensions in the region.

The American government's policy on Palestine has also remained controversial. On the one hand, expressions of humanitarian concern for the Palestinian people continued, while on the other hand, military and financial assistance to Israel remained in place.

This contradiction has become a source of concern for a significant section of the American public.

The War Against Iran and the Failure of American Policy

The military confrontation with Iran highlighted several fundamental aspects of American foreign policy. Despite American pressure and military operations against Iran, the objective of changing the Iranian government could not be achieved.

According to critics of American policy, the use of military force against Iran was not only dangerous for regional peace but also affected America's own economic and political interests.

Iran also responded by demonstrating its defensive capabilities, and the conflict exposed the entire Middle East to serious risks.

An important political reality emerged from this situation: a country's military strength and advanced technology are undoubtedly important, but the determination, unity, preparedness, and leadership of a nation are equally significant.

In the case of Iran, the American government was unable to achieve its desired political objectives. This situation raised further questions among a section of the American public about the country's military policies.

Midterm Elections: A Political Test for Trump

The Democratic Party's victory in the 2026 midterm elections emerged as a major development in American politics.

The Democrats secured majorities in both the House of Representatives and the Senate. As a result, President Trump is likely to face greater difficulties in passing legislation and implementing government policies during the next two years.

These results indicate that American voters have expressed their concerns regarding government policies, the economic situation, and foreign affairs.

However, it is also important to understand that the election results cannot be attributed solely to policies concerning Palestine or Iran. Several factors influenced the American electorate, including inflation, employment, healthcare, economic difficulties, and domestic politics.

Nevertheless, public reaction to the situation in the Middle East and American military policies can be considered an important political dimension of these elections.

The Growing Role of the Muslim Community in American Politics

Another extremely important aspect of these elections is the increasing political representation of the Muslim community in the United States. This subject has recently attracted considerable discussion on social media and in the American media.

During my visits to the United States, I had opportunities to meet and interact with various members of the Muslim community. I visited America four times and continued travelling there until approximately 2009.

During these interactions, I would encourage American Muslims to participate in the political process. I used to tell them that they were citizens of the United States and therefore had an important role to play in the country's political, social, and national affairs. They should participate in elections, put forward their own candidates, and understand the importance of their votes.

At that time, some Muslim friends would argue that our population and voting strength in America amounted to only around 2.5 percent. What difference could we possibly make with such a limited number of votes?

However, my consistent position was that if a community remained organized, participated continuously in the political process, and struggled for its collective interests, its political influence would certainly grow over time.

Today, the growing representation of Muslims in American politics is an important example of how political participation and organized efforts can bring about change.

Muslim Representation in the Democratic Party

Members of the Muslim community in the United States are affiliated with different political parties, although a significant number have traditionally been associated with the Democratic Party.

One reason for this is that the Democratic Party appears to have relatively greater representation of African Americans, Asians, South Asians, Hispanics, and other ethnic and social groups.

Nevertheless, it would be incorrect to assume that all Democratic Party policies are consistent with the viewpoints and interests of Muslims.

The policies of previous Democratic administrations concerning Palestine, Israel, and the Middle East have also faced criticism. During President Joe Biden's administration, serious disagreements emerged over support for Israel and the situation in Gaza.

The real change is that public debate concerning Palestine and the Middle East has now expanded considerably within American society. Young people, students, human rights activists, and members of different religious and social groups have begun expressing their opinions openly on these issues. This represents an important change in American politics.

Changes Within the American Jewish Community

Another noteworthy aspect of this electoral situation is the emergence of diverse opinions within the American Jewish community.

It is important to understand that the American Jewish population cannot be regarded as a community with a single political or ideological viewpoint. There are individuals and groups within this community who support the policies of the Israeli government, as well as those who oppose them.

In various American cities, certain Jewish organizations and citizens have protested against military operations in Gaza and expressed support for the rights of the Palestinian people.

This demonstrates that the Palestinian issue is no longer merely a matter of religious affiliation. It has also become an issue of human rights, justice, and the conscience of humanity.

Historic Achievements of Muslim Candidates

The victories of Muslim American candidates in the 2026 midterm elections are particularly significant.

For the first time in American electoral history, a Muslim candidate, Dr. Abdul El-Sayed, was elected to the United States Senate from the state of Michigan. He defeated Republican candidate Mike Rogers.

This victory is historic because he has become the first Muslim in American history to be elected to the US Senate.

Similarly, Muslim candidates achieved success in Congress and various state legislatures.

In Congress, personalities such as Ilhan Omar and Rashida Tlaib have already become symbols of Muslim American representation. These new electoral successes have further expanded that representation.

In addition, Muslim candidates have also achieved victories in various states and local government institutions.

The Council on American-Islamic Relations (CAIR) and its affiliated electoral organization have also reported a record number of successful Muslim candidates in these elections. Various media outlets have likewise described the electoral achievements of Muslim Americans as an important political development.

These successes demonstrate that the American Muslim community is no longer merely a community that participates by casting votes; it is now actively involved in electoral politics and decision-making as well.

The Significance of Dr. Abdul El-Sayed’s Victory

Dr. Abdul El-Sayed's election to the United States Senate carries historic significance.

He is an Egyptian-American and a professional expert in public health and epidemiology. His success has marked a new chapter in the history of Muslim representation in American politics.

The United States Senate is one of the country's most important legislative institutions. It plays a significant role in discussing and passing national legislation, approving budgets, shaping foreign policy, and considering important government decisions.

The election of a Muslim to this institution is undoubtedly an important milestone for the American Muslim community.

Previously, Muslim representation was largely concentrated in the House of Representatives and state legislatures. Now, Muslim representation has also expanded to the Senate.

This achievement is not merely the success of an individual; it also reflects the growing political participation and awareness of Muslims within the American political system.

Our Expectations from Muslim Representatives

On this occasion, I consider it important to clarify one point.

We should not assume that simply because a Muslim has been elected in the United States, that individual will necessarily support Pakistan or speak in favour of Muslim-majority countries on every issue.

These representatives are American citizens who have been elected by the American people. Their primary responsibility is to represent the US Constitution, the law, and the interests of the people in their constituencies.

However, whenever American interests and the requirements of human rights are aligned, they can raise effective voices on these issues.

The presence of such representatives in the American legislative chambers can be important in relation to Palestine, Gaza, Iran, and other international conflicts, particularly those who speak against wars, military intervention, and unnecessary expenditure.

Questions are also increasingly being raised within American society about the financial and military assistance provided by the United States to Israel.

The American public wants to know why taxpayers' money is being spent on foreign wars and military operations when the United States itself is facing problems such as inflation, healthcare, and education.

It can be hoped that the new representation in the American legislative chambers will bring these questions forward more effectively.

New Developments in American Politics and Hope for Global Peace

The 2026 midterm elections have created a new political situation in the United States. With the Democratic Party securing majorities in both chambers, the possibilities for parliamentary oversight and criticism of President Trump's policies have increased.

The legislative process will now involve different perspectives, and government actions may face more rigorous parliamentary scrutiny.

In my opinion, one of the most important messages of these elections is that public awareness and the democratic process cannot be ignored, even in a major world power.

The United States is a major global power, and its domestic and foreign policies affect the entire world. Therefore, political developments there are also felt internationally.

We should hope that this new political situation in American politics will become a means of promoting peace, justice, and human rights throughout the world.

In particular, we hope that relief will be provided to the oppressed people of Palestine, effective measures will be taken for the reconstruction of Gaza and the provision of humanitarian assistance, and efforts will be made to resolve conflicts with Iran and other countries in the region through negotiations rather than military force.

One important lesson of the 2026 American midterm elections is that any community that consistently struggles to secure its political, social, and democratic rights can eventually make its voice heard in the corridors of power.

The American Muslim community has also gradually strengthened its political role. Today, its representatives are present in various state and national institutions and are contributing to American policymaking.

This development serves as an important example for other minorities and Muslim communities around the world, demonstrating that effective representation can be achieved through active participation in the democratic process, organization, and continuous struggle.

Finally, we pray to Almighty Allah to shower His mercy and blessings upon our beloved country, Pakistan, to help the oppressed Muslims of Palestine and Gaza, and to grant them the opportunity to live with peace, freedom, and dignity.

The difficulties faced by people living in refugee camps in Gaza have further increased due to rainfall and flooding. Their tents, shelters, and basic necessities have been severely affected. We pray that Almighty Allah helps them through His unseen means and grants people throughout the world the ability and willingness to come forward and help them.

Jazakum Allahu Khairan Katheera
(May Allah reward you abundantly.)

Dr. Muhammad Iqbal Khalil
Chairman
Institute of Regional Studies (IRS), Peshawar