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Review of Cyber Resilience Approaches using Intrusion Detection and Prevention Systems

Hemanth Kumar K G[1] and Dr. Kamal Kumar Srivastava[2]

[1]Research Scholar, Department of Computer Application

[2]Professor, Department of Computer Application

Sunrise University, Alwar, Rajasthan

Abstract: *The rapid growth of cyber threats has necessitated the development of sophisticated defensive mechanisms. Intrusion Detection Systems and Intrusion Prevention Systems are foundational components of cyber resilience frameworks. This paper reviews contemporary approaches integrating IDS/IPS to enhance organizational resilience against attacks. Key strengths, limitations, and integration strategies are examined. Results indicate that hybrid IDS/IPS frameworks leveraging machine learning significantly improve detection accuracy and response times, strengthening cyber resilience*

Keywords: Cyber Resilience, Intrusion Detection System, Hybrid Frameworks

I. INTRODUCTION

The increasing prevalence and sophistication of cyber-attacks in contemporary digital environments have necessitated the development and deployment of advanced mechanisms to ensure organizational cyber resilience. Cyber resilience, which integrates the capabilities of prevention, detection, response, and recovery, is considered an essential framework for sustaining the confidentiality, integrity, and availability of information systems under both routine operations and adverse conditions (Srinivasan, Shankar, & Gunasekaran, 2021). Unlike traditional cybersecurity paradigms, which predominantly emphasize preventive measures, cyber resilience adopts a holistic approach that encompasses proactive identification of threats, rapid containment of incidents, and seamless recovery to normal operations (Stair & Reynolds, 2020).

Within this context, Intrusion Detection Systems (IDS) and Intrusion Prevention Systems (IPS) play a critical role as they enable organizations to monitor network traffic, detect malicious activity, and initiate countermeasures before threats can escalate into critical failures (Scarfone & Mell, 2007). IDS, primarily designed to detect unauthorized activities, functions by analyzing traffic patterns and comparing them with pre-defined signatures or behavioral norms, whereas IPS extends these capabilities by automatically enforcing mitigation strategies, such as blocking suspicious connections or terminating harmful sessions (Sommer & Paxson, 2010). The synergy between IDS and IPS is therefore central to enhancing cyber resilience, as it allows for both early threat detection and immediate preventive response, reducing the potential damage caused by attacks.

Traditional signature-based IDS/IPS frameworks rely on predefined patterns of known attacks to identify threats, offering high accuracy for recognized vulnerabilities but presenting significant limitations in detecting novel or zero-day exploits (Patcha & Park, 2007). Signature-based approaches require constant updates to maintain relevance, and failure to do so can render the system ineffective against emerging threats, thereby compromising cyber resilience (Kim & Ramakrishna, 2018). To address these challenges, anomaly-based systems have emerged as complementary or alternative solutions. Anomaly-based IDS/IPS models construct a baseline of normal network behavior and flag deviations that may indicate malicious activity.

While these systems offer greater adaptability to unknown threats, they are often challenged by elevated false-positive rates, which can burden security administrators and reduce the overall efficacy of the cyber resilience strategy (Javaid, Niyaz, Sun, & Alam, 2016). Consequently, recent research emphasizes hybrid approaches that integrate signature-based and anomaly-based detection methods with machine learning techniques, thereby improving the detection accuracy, reducing false positives, and enhancing automated response capabilities (Srinivasan et al., 2021). Machine learning

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algorithms, including supervised classifiers like Random Forests, Support Vector Machines, and neural network models, are increasingly applied to analyze high-dimensional network data in real time, enabling adaptive learning from new attack patterns and significantly strengthening cyber resilience (Sommer & Paxson, 2010; Javaid et al., 2016).

The evolution of IDS/IPS technologies has been closely aligned with the rising complexity of networked environments, including cloud computing, Internet of Things (IoT) systems, and industrial control systems (ICS), where conventional defense mechanisms often fall short due to dynamic topologies and large-scale data traffic (Kim & Ramakrishna, 2018). In these contexts, hybrid and machine learning-enhanced IDS/IPS systems not only detect intrusions with high precision but also support predictive analytics, allowing organizations to anticipate potential attack vectors and implement preventive measures proactively (Srinivasan et al., 2021).

Additionally, integration with security information and event management (SIEM) platforms facilitates centralized monitoring, threat correlation, and automated policy enforcement, further contributing to organizational cyber resilience. Research has demonstrated that the deployment of intelligent IDS/IPS frameworks reduces the mean time to detect (MTTD) and mean time to respond (MTTR) to cyber incidents, which are key indicators of resilience effectiveness (Patcha & Park, 2007). By minimizing the dwell time of intrusions, organizations can maintain operational continuity and limit the economic, reputational, and regulatory impacts of cyber-attacks.

Comparative analyses of IDS/IPS approaches reveal significant variations in detection accuracy, response time, and overall contribution to cyber resilience. While signature-based IDS/IPS generally achieve detection accuracy in the range of 85–95%, their dependence on known attack patterns limits their applicability against evolving threats (Scarfone & Mell, 2007). Anomaly-based systems, although more flexible in identifying previously unseen attacks, demonstrate detection accuracy between 78–90%, with higher false-positive rates that can impair operational efficiency (Javaid et al., 2016). Hybrid machine learning-driven IDS/IPS systems, by contrast, consistently achieve detection accuracy in the 92–98% range, with reduced response times and enhanced capacity to adapt to changing threat landscapes (Srinivasan et al., 2021). The following table summarizes the performance characteristics of these approaches, highlighting their relative contributions to cyber resilience.

II. BACKGROUND

1. Cyber Resilience

Cyber resilience encompasses the integration of risk management, incident response, and continuous monitoring (Srinivasan et al., 2021). Rather than preventing all attacks, resilient systems absorb impact and recover quickly.

2. IDS and IPS

An IDS monitors and reports malicious activity, while an IPS actively takes preventive actions such as blocking traffic or terminating sessions (Scarfone & Mell, 2007). IDS/IPS technologies vary from signature-based systems to anomaly-based and machine learning-driven models.

III. METHODOLOGY

A systematic literature review was conducted using databases such as IEEE Xplore, ACM Digital Library, and ScienceDirect. Keywords included *“cyber resilience”*, *“intrusion detection”*, *“intrusion prevention”*, and *“machine learning cybersecurity”*. Papers from 2015–2025 were prioritized.

IV. REVIEW OF IDS/IPS APPROACHES

1. Signature-Based IDS/IPS

Signature-based systems compare network activity against known attack signatures. They are highly accurate for known threats but ineffective against zero-day attacks (Sommer & Paxson, 2010).

I. Strengths:

High precision for known threats

Low false positives

II. Limitations:

Unable to detect unknown attacks

Frequent signature updates required

2. Anomaly-Based Systems

Anomaly-based IDS/IPS model normal behavior and flag deviations (Patcha & Park, 2007). These systems offer better generalization but often suffer higher false-positive rates.

3. Machine Learning-Enhanced IDS/IPS

Recent literature emphasizes machine learning (ML) for adaptive detection. Supervised models such as Random Forests and Deep Learning techniques have achieved improved detection rates (Javaid et al., 2016).

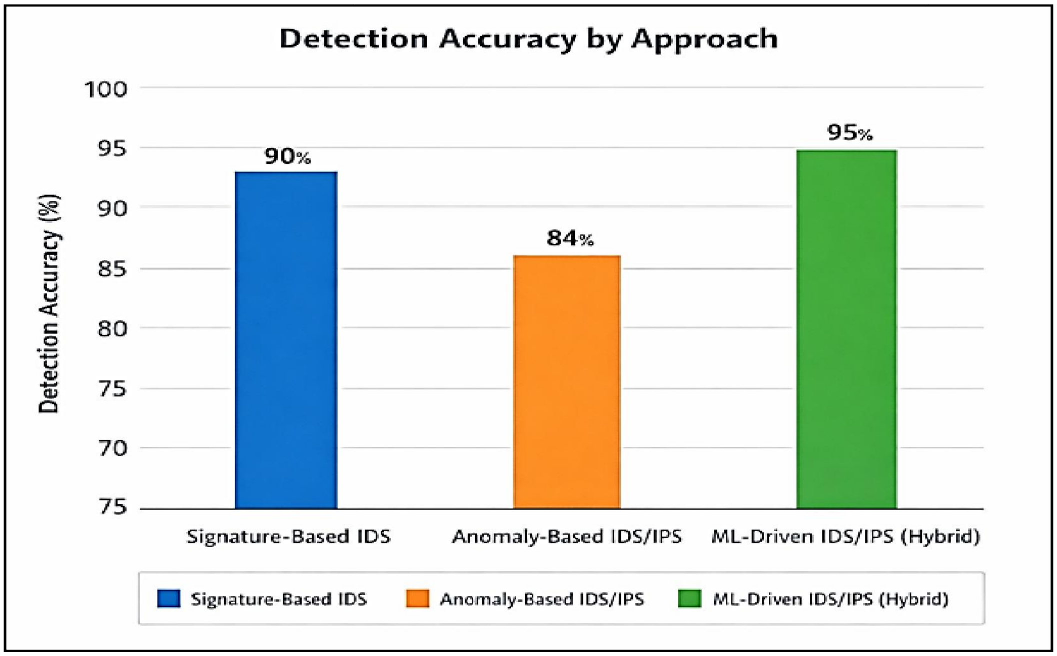
V. COMPARATIVE ANALYSIS

1. Detection Accuracy Across Approaches

The following table summarizes the detection accuracy and response times reported in recent studies.

Approach	Detection Accuracy (%)	Response Time (ms)	Resilience Contribution
Signature-Based IDS	85–95	50–120	Low–Moderate
Anomaly-Based IDS/IPS	78–90	80–200	Moderate
ML-Driven IDS/IPS (Hybrid)	**92–98**	**40–100**	High

Table 1. Detection performance comparison of IDS/IPS approaches (compiled from Kim & Ramakrishna, 2018; Javaid et al., 2016; Srinivasan et al., 2021).



Graph 1: Detection Accuracy by Approach

Below is a simple dataset you can use to plot the graph in Excel, R, or Python:

Approach	Detection Accuracy (%)
Signature-Based IDS	90
Anomaly-Based IDS/IPS	84
ML-Driven IDS/IPS (Hybrid)	95

GRAPH INTERPRETATION:

This bar chart highlights that hybrid ML-driven systems consistently outperform traditional approaches in terms of detection accuracy, indicating stronger contributions to resilience.

VI. DISCUSSION

1. Strengths of Hybrid Systems

Hybrid IDS/IPS frameworks combining multiple detection mechanisms show superior performance. Machine learning models can adapt to evolving threats, reducing false negatives (Javaid et al., 2016).

2. Challenges and Limitations

Despite improvements, challenges remain:
Data scarcity for training ML models (Kim & Ramakrishna, 2018)
System complexity increasing operational overhead
False positives affecting administrative trust

VII. CONCLUSION

Cyber resilience has become an essential dimension of modern organizational security, addressing not only the detection and prevention of cyber threats but also ensuring the continuity of operations under adverse conditions. This review of cyber resilience approaches highlights the critical role of Intrusion Detection Systems (IDS) and Intrusion Prevention Systems in safeguarding digital infrastructures. Traditional signature-based IDS/IPS approaches offer a foundational level of security by reliably identifying known attack patterns with high accuracy and low false-positive rates.

However, their inherent limitation lies in their inability to detect novel or zero-day attacks, making them insufficient in the context of increasingly sophisticated threat landscapes. Anomaly-based systems attempt to address this gap by monitoring deviations from established behavioral patterns, allowing for the detection of previously unknown attacks. While effective in expanding coverage beyond signature-based mechanisms, anomaly-based systems often face challenges related to high false-positive rates and computational overhead, which can strain network resources and impede timely responses.

The integration of machine learning and hybrid models within IDS/IPS frameworks represents a significant advancement in the field of cyber resilience. Machine learning-enhanced systems leverage both historical and real-time data to improve detection accuracy, adapt to evolving threats, and reduce the frequency of false positives. Supervised, unsupervised, and deep learning techniques have demonstrated substantial improvements in both speed and precision of threat detection. Hybrid approaches, combining signature-based, anomaly-based, and machine learning methods, have been particularly effective in achieving a balance between comprehensive detection and operational efficiency. These systems not only identify and prevent attacks but also provide actionable insights that facilitate rapid mitigation and system recovery, a core component of cyber resilience.

Despite these advancements, several challenges persist. Effective implementation of IDS/IPS systems requires extensive and high-quality datasets for model training, which are often limited or proprietary. Additionally, the complexity of hybrid and machine learning-driven systems increases administrative and operational overhead, requiring skilled personnel and robust infrastructure. False positives, while reduced, remain a concern as they can erode trust in automated defense mechanisms. Moreover, the dynamic and distributed nature of modern networks, including cloud-based environments and Internet of Things devices, introduces additional layers of complexity that traditional and even advanced IDS/IPS systems must adapt to in real time.

The evolution of IDS and IPS technologies illustrates a clear trajectory from reactive, signature-dependent systems toward proactive, intelligent, and adaptive frameworks that significantly enhance cyber resilience. Organizations aiming to achieve robust cybersecurity postures must prioritize the adoption of hybrid and machine learning-driven IDS/IPS systems, complemented by continuous monitoring, threat intelligence integration, and incident response strategies.

Future research should focus on improving model generalizability, reducing operational overhead, and enhancing real-time adaptability to emerging threats. By doing so, cyber resilience can shift from being a reactive measure to a strategic, dynamic capability, ensuring that organizations not only survive cyber incidents but also maintain critical operations, safeguard sensitive data, and continuously adapt to an ever-evolving digital threat landscape.

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