The flight and flight system is the body’s biological response system to stress that decides to either face the stressful stimulus head on or flee away. The responses are triggered by the body’s stressors and are passed down to the sympathomedullary pathway. This causes the activation if the hypothalamus and communicates with the sympathetic branch of the autonomic nervous system. The autonomic system is responsible for the increase and decrease of heart rate via the parasympathetic and sympathetic nervous system. The sympathetic nervous system is also reasonable for the activation of Adrenaline. Adrenal medulla releases Adeline and noradrenaline into the blood stream. This prepares the body for flight or flight. If the stressor lasts for only a few hour it is long as acute system but if the stressor is a on-going situation it is known a chronic.

One issue with the fight or flight explanation is that humans behaviour is now just limited to two responses. Gary suggests that he first response of danger is to avoid confrontation altogether, which is demonstrated by a freeze response. During the freeze response, humans are hyper-vigilant while they appraise the situation to the best course of action for the particular threat. This suggest that the fight or flight explanation is limited and doesn’t fully explain the complex cognitive and biological factors that underpin the human response to stress.

Another issue is that the fight and flight system doesn’t fully explain the stress response in females. Taylor suggests that females adopt a friend or befriend response in stressful/dangerous situations. According to Taylor, women are more likely to protect their offspring and form alliances with other women rather than fight or flee. This highlights bias within the area as psychologist assumed that females respond in the same way as men until Taylor provided a different explanation. Therefore, further research has to be concluded before making a judgement about the response system in females.

A final issue within the fight or flight response is that it can have a negative effect on health in modern day life. While the fight and flight response may have been useful in the past for survival, modern day life rarely requires such an intense biological response. This matters because the activation of flight and flight response can increase blood pressure and cause heart disease. This suggest that the fight and flight response is a maladaptive response in modern-day life.

Neurons are involved within a group known as the neurons network which involves the communications between many neurons. Transmission within neurons is conducted electrically but transmission between neurons is conducted chemically. Neurons are separated by a small gap called the synapse which is where the released neuron transmitters are located. Neuron transmitters reach the end of a neuron known as the presynaptic nerve terminal where neuron transmitters are released from a synaptic vesicle in to postsynaptic site.