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| **Biopsychology Learning Table 4: Fight or Flight Response** | |
| **AO1** | **AO3** |
| **STRESSOR!!!**  1) The **ANS** changes from normal resting state to physiologically aroused state (activation of the **SYMPATHETIC** branch of the ANS)  2) This causes the **ADRENAL GLANDS (THE ADRENAL MEDULLA)** to release **ADRENALINE** into the bloodstream.  3) **Adrenaline** causes an **increase in heart rate, breathing rate, pupils to dilate, and inhibits digestion**. It also **releases blood sugar (glucose)** which supply energy to the parts of the body needed in **fight or flight**.  4) Once the threat has passed, the **PARASYMPATHETIC BRANCH** reduces the activity of the **SYMPATHETIC BRANCH** and restores normality to the body. | **Too Simplistic**  P: One issue with the fight or flight response is that it is too simple.  E: This is because Gray (1988) found that the first phase of a reaction to a stressor is not the flight or flee, but to avoid confrontation.  E: For example, most animals display a freeze response before fight or flight. This is essentially a phase in which the animal is hyper-vigilant and alert to the slightest sign of danger. This allows them to focus attention and look for new information before they decide to fight or flee.  L: As a consequence, this casts doubt over the fight or flight explanation.  **Gender Differences**  P: A further issue with the fight or flight response is that it does not consider gender differences in reactions to a stressor.  E: For example, Taylor et al (2000) suggests that for females responses to stress often involve ‘tend and befriend’.  E: For example, protecting themselves and their young (tending) and forming alliances with other women (befriend).  L: As a consequence this reduces the explanatory power of the fight or flight response. |