

# Too Much Testosterone Disrupts Family Life

Research Shows Testosterone's Role in Mating and Parenting

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A man's spit may indicate what kind of father and husband he is. In polygamous societies, men with high [levels of testosterone](#) in their saliva are more likely to take several wives and give their children less attention, compared to those with less of the sex hormone coursing through their bodies.

Low testosterone levels in men are linked to increased risk of premature death.

The new study of rural Senegalese villagers adds to previous work underscoring testosterone's critical role in a mating and parenting.

High testosterone levels have been linked to increased sexual activity, infidelity and marital conflict.

However, after men become fathers, their bodies typically pump out less of the hormone.

"This is good for us, so we can adapt to social challenges very quickly," says Alexandra Alvergne, an anthropologist at the University of Montpellier, France, and the University of Sheffield, UK, who led the new study.

<http://www.abcnews.go.com/Technology/MensHealth/story?id=8429875>