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Many important cultural changes took place in the United States during the late 1960s that continued into the 1970s as well. The US itself was in the midst of the daunting Cold War. Focus on race relations and development of gender roles were two of the most important changes that occurred in this era. The status of both African Americans and minorities was significantly changed by the Civil Rights Movement. This period also marked the revival of feminism. The second wave of the Women’s Liberation Movement continued from the late 60s into the 70s, leading to the sexual liberation for women and organizations such as the National Organization for Women (NOW) were founded in the 70s. The early 70s also marked the falling apart of the New Deal coalition and as a result of the Civil Rights Movement, many Southern Democrats and values voters became Republicans because of the suburbanization of the United States, and an increase in trust of the presidents.   
Before the 1960s, the American society was pervaded by a sense of uniformity and it can be assumed that this was the reason that these three important cultural changes took place. African Americans and minorities were being discriminated; women were being treated as the weaker gender, and the independence and the Democratic party was on the rise throughout the 50s as a part of group norms that the society had been following for too long, where no one could stand out on their own. The society became excessively conformist and that is why these cultural changes took place. These major cultural changes not only posed a challenge for the conformist culture of the 1950s but actually brought an end to unfair uniformity that had spread into the American society and marked the revival of individuality in the society. The most important lasting effects of the cultural upheaval of that era were that the American society was able to break free from traditional norms and marked the emergence of Republican government in the country.