

This paper looks at television shows from 1970 through the early 1990s, with specific focuses on *The Mary Tyler Moore Show* (1970-77) and *Murphy Brown* (1988-1998). The focus is on how these shows helped influence and portray the feminist movement in America that began in the 1960s. This paper discusses what it meant to be a woman in society – both working and non-working women, and how specific roles were viewed in the country. The information in the essay comes from journal and newspaper articles from the 1960-1980s both about the specific shows and the feminist movement at the time, several firsthand stories from working women, and a reflection on how I feel these women - real and fictional - have affected my life forty years after *The Mary Tyler Moore Show's* premiere.