

Lesson 10: Schrödinger equation in three dimensions

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Let's assume $V(\vec{r}) = V_x(x) + V_y(y) + V_z(z)$

T. I. Schrödinger equation

$$\left[-\frac{\hbar^2}{2m} \nabla^2 + V_x(x) + V_y(y) + V_z(z) \right] \Psi(\vec{r}) = E \Psi(\vec{r})$$

We search for solutions of type

$$\Psi(\vec{r}) = X(x) Y(y) Z(z)$$

Separation of variables, Schrodinger Eq. is linear and homogeneous in $\Psi(\vec{r})$

$$-\frac{\hbar^2}{2m} \left[YZ \frac{d^2 X}{dx^2} + XZ \frac{d^2 Y}{dy^2} + XY \frac{d^2 Z}{dz^2} \right] + YZ V_x(x) X + XZ V_y(y) Y + XY V_z(z) Z = E XYZ$$

$$-\frac{\hbar^2}{2m} \left[\frac{1}{X} \frac{d^2 X}{dx^2} + \frac{1}{Y} \frac{d^2 Y}{dy^2} + \frac{1}{Z} \frac{d^2 Z}{dz^2} \right] + V_x(x) + V_y(y) + V_z(z) = E$$

Assume that we vary only $x \rightarrow$

$-\frac{\hbar^2}{2m} \frac{1}{X} \frac{d^2 X}{dx^2} + V_x(x) \rightarrow$ does not vary because

$$-\frac{\hbar^2}{2m} \left[\frac{1}{Y} \frac{d^2 Y}{dy^2} + \frac{1}{Z} \frac{d^2 Z}{dz^2} \right] + V_y(y) + V_z(z) = E$$

does not vary $\rightarrow -\frac{\hbar^2}{2m} \frac{1}{X} \frac{d^2 X}{dx^2} + V_x(x) = E_x$ constant

analogously $\rightarrow -\frac{\hbar^2}{2m} \frac{1}{Y} \frac{d^2 Y}{dy^2} + V_y(y) = E_y$ constant

$$-\frac{\hbar^2}{2m} \frac{1}{Z} \frac{d^2 Z}{dz^2} + V_z(z) = E_z \text{ constant}$$

where $E_x + E_y + E_z = E$

We have to solve three one-dimensional Schrödinger equations

Let's consider a box with edges $2a$, $2b$ and $2c$ origin centered

Potential that describes the particle confined in such a box

$$V_x(x) = 0 \quad -a < x < a \quad ; \quad V_x(x) = \infty \quad |x| \geq a$$

$$V_y(y) = 0 \quad -b < y < b \quad ; \quad V_y(y) = \infty \quad |y| \geq b$$

$$V_z(z) = 0 \quad -c < z < c \quad ; \quad V_z(z) = \infty \quad |z| \geq c$$

The solutions are obtained right away since the equations and boundary conditions are the ones of the 1D infinite well

$$X(x) = \frac{1}{\sqrt{a}} \begin{Bmatrix} \cos \\ \sin \end{Bmatrix} \frac{n_x \pi x}{2a} \quad ; \quad E_x = \frac{\pi^2 \hbar^2}{8ma^2} n_x^2$$

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$$Y(y) = \frac{1}{\sqrt{b}} \begin{Bmatrix} \cos \\ \sin \end{Bmatrix} \frac{n_y \pi y}{2b} \quad ; \quad E_y = \frac{\pi^2 \hbar^2}{8mb^2} n_y^2$$

$$Z(z) = \frac{1}{\sqrt{c}} \begin{Bmatrix} \cos \\ \sin \end{Bmatrix} \frac{n_z \pi z}{2c} \quad ; \quad E_z = \frac{\pi^2 \hbar^2}{8mc^2} n_z^2$$

$$n_x, n_y, n_z = 1, 2, 3 \dots$$

\cos (\sin) are related with odd (even) n

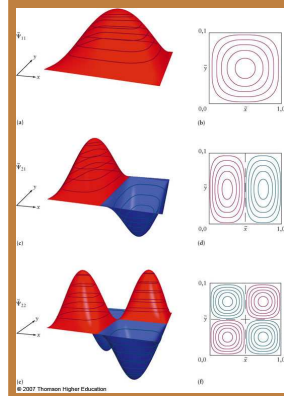
$$\Psi_{n_x, n_y, n_z}(x, y, z) = X_{n_x}(x) Y_{n_y}(y) Z_{n_z}(z)$$

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$$E = \frac{\pi^2 \hbar^2}{8m} \left(\frac{n_x^2}{a^2} + \frac{n_y^2}{b^2} + \frac{n_z^2}{c^2} \right)$$

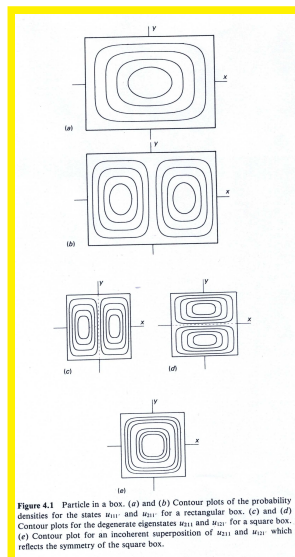
Ground state $n_x = n_y = n_z = 1$

Figure: $\Psi_{1,1}$ $\Psi_{2,1}$ $\Psi_{2,2}$ 2D square box



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2D: Constant probability density surface. (a) and (b) rectangular box, states Ψ_{11} and Ψ_{21} . (c) y (d) square box, degenerate states Ψ_{21} and Ψ_{12} . (e) superposition of Ψ_{21} and Ψ_{12}



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Degeneracy in the 3D box

Let's assume $a = b$

$$E = \frac{\pi^2 \hbar^2}{8m} \left(\frac{n_x^2}{a^2} + \frac{n_y^2}{a^2} + \frac{n_z^2}{c^2} \right)$$

Ψ_{121} and Ψ_{211} have the same energy and different wave functions \rightarrow there's double **degeneracy**. In general, two states (n_1, n_2, n_3) and (n_2, n_1, n_3) are degenerate. The probability density of one of the states becomes the one of the other changing (x, y) to (y, x) , i.e., under a rotation of angle $\frac{\pi}{2}$ around the z axis

This degeneracy clearly comes from the **symmetry** of the system (this is its origin almost always). When this is not the case, we call it **accidental** degeneracy

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Spherical symmetric potentials

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$$V(\vec{r}) = V(r)$$

Appropriate coordinates \rightarrow **spherical** ones

$$x = r \sin \theta \cos \phi$$

$$y = r \sin \theta \sin \phi$$

$$z = r \cos \theta$$

$$\vec{\nabla} = \vec{u}_r \frac{\partial}{\partial r} + \vec{u}_\phi \frac{1}{r \sin \theta} \frac{\partial}{\partial \phi} + \vec{u}_\theta \frac{1}{r} \frac{\partial}{\partial \theta} \quad \text{in this order}$$

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$$\vec{u}_r = \sin \theta \cos \phi \vec{i} + \sin \theta \sin \phi \vec{j} + \cos \theta \vec{k}$$

$$\vec{u}_\phi = -\sin \phi \vec{i} + \cos \phi \vec{j}$$

$$\vec{u}_\theta = \cos \theta \cos \phi \vec{i} + \cos \theta \sin \phi \vec{j} - \sin \theta \vec{k}$$

$$\nabla^2 = \frac{1}{r^2} \frac{\partial}{\partial r} \left(r^2 \frac{\partial}{\partial r} \right) + \frac{1}{r^2 \sin \theta} \frac{\partial}{\partial \theta} \left(\sin \theta \frac{\partial}{\partial \theta} \right) + \frac{1}{r^2 \sin^2 \theta} \frac{\partial^2}{\partial \phi^2}$$

Schrödinger Eq.

$$-\frac{\hbar^2}{2\mu} \nabla^2 \Psi(\vec{r}) + V(r) \Psi(\vec{r}) = E \Psi(\vec{r})$$

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Angular momentum operator

$$\vec{L} = \vec{r} \times \vec{p} \rightarrow -i\hbar \vec{r} \times \vec{\nabla}$$

$$L_x = -i\hbar \left(y \frac{\partial}{\partial z} - z \frac{\partial}{\partial y} \right) = i\hbar \left(\sin \phi \frac{\partial}{\partial \theta} + \cot \theta \cos \phi \frac{\partial}{\partial \phi} \right)$$

$$L_y = -i\hbar \left(z \frac{\partial}{\partial x} - x \frac{\partial}{\partial z} \right) = i\hbar \left(-\cos \phi \frac{\partial}{\partial \theta} + \cot \theta \sin \phi \frac{\partial}{\partial \phi} \right)$$

$$L_z = -i\hbar \left(x \frac{\partial}{\partial y} - y \frac{\partial}{\partial x} \right) = -i\hbar \frac{\partial}{\partial \phi}$$

$$\begin{aligned} L^2 &= L_x^2 + L_y^2 + L_z^2 \\ &= -\hbar^2 \left[\frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \left(\sin \theta \frac{\partial}{\partial \theta} \right) + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right] \\ &= \hbar^2 r^2 \left[\frac{1}{r^2} \frac{\partial}{\partial r} \left(r^2 \frac{\partial}{\partial r} \right) - \nabla^2 \right] \end{aligned}$$

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$$[L_i, x_j] = i\hbar \epsilon_{ijk} x_k$$

$$[L_i, p_j] = i\hbar \epsilon_{ijk} p_k$$

$$[L_i, L_j] = i\hbar \epsilon_{ijk} L_k$$

Levi-Civita tensor

$$\epsilon_{ijk} = \begin{cases} 1 & \text{if } ijk \text{ even permutation of } 123 \\ -1 & \text{if } ijk \text{ odd permutation of } 123 \\ 0 & \text{if in } ijk \text{ there are repeated indexes} \end{cases}$$

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$$[L^2, \vec{L}] = 0$$

Example

$$\begin{aligned} [L^2, L_x] &= [L_y^2, L_x] + [L_z^2, L_x] \\ &= L_y [L_y, L_x] + [L_y, L_x] L_y + L_z [L_z, L_x] + [L_z, L_x] L_z \\ &= -i\hbar L_y L_z - i\hbar L_z L_y + i\hbar L_z L_y + i\hbar L_y L_z \\ &= 0 \end{aligned}$$

$$[\vec{L}, V(r)] = 0 \quad ; \quad L_x, L_y, L_z \rightarrow \text{derivatives with respect to angles, } V(r) \text{ does not depend on angles}$$

$$\text{If } [\vec{L}, T] = 0 \rightarrow \vec{L} \text{ is } \mathbf{constant of motion}$$

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$$T = \frac{p^2}{2\mu} = \frac{L^2}{2\mu r^2} - \frac{\hbar^2}{2\mu r^2} \frac{\partial}{\partial r} \left(r^2 \frac{\partial}{\partial r} \right)$$

$[L^2, \vec{L}] = 0$, the rest of T acts only on r

$$[\vec{L}, T] = 0 \rightarrow [\vec{L}, H] = 0 \rightarrow [L^2, H] = 0$$

Moreover

$$\begin{aligned} \frac{\partial \vec{L}}{\partial t} &= 0 ; \quad \frac{\partial L^2}{\partial t} = 0 \\ \rightarrow \frac{d \langle \vec{L} \rangle}{dt} &= 0 ; \quad \frac{d \langle L^2 \rangle}{dt} = 0 \end{aligned}$$

for central forces \vec{L} and L^2 are constants of motion

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We can find a set of simultaneous eigenfunctions of H , L^2 and L_z : $\Psi_\lambda(\vec{r})$

$$H \Psi_\lambda(\vec{r}) = E \Psi_\lambda(\vec{r})$$

$$L^2 \Psi_\lambda(\vec{r}) = \lambda \hbar^2 \Psi_\lambda(\vec{r})$$

$$L_z \Psi_\lambda(\vec{r}) = m \hbar \Psi_\lambda(\vec{r})$$

$$\left[-\frac{\hbar^2}{2\mu r^2} \frac{\partial}{\partial r} \left(r^2 \frac{\partial}{\partial r} \right) + \frac{L^2}{2\mu r^2} + V(r) \right] \Psi_\lambda(\vec{r}) = E \Psi_\lambda(\vec{r})$$

We factorize $\Psi_\lambda(\vec{r}) = R(r) Y_\lambda(\theta, \phi)$

We get

$$L_z Y_\lambda(\theta, \phi) = m \hbar Y_\lambda(\theta, \phi)$$

$$L^2 Y_\lambda(\theta, \phi) = \lambda \hbar^2 Y_\lambda(\theta, \phi)$$

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$$\left[-\frac{\hbar^2}{2\mu r^2} \frac{d}{dr} \left(r^2 \frac{d}{dr} \right) + \frac{\lambda \hbar^2}{2\mu r^2} + V(r) \right] R(r) = E R(r)$$

With $R(r) = \frac{u(r)}{r}$

$$-\frac{\hbar^2}{2\mu} \frac{d^2 u(r)}{dr^2} + \left[\frac{\lambda \hbar^2}{2\mu r^2} + V(r) \right] u(r) = E u(r) \quad (1)$$

analogous to Schrödinger Eq. in one dim. adding $V(r)$ the term $\frac{\lambda \hbar^2}{2\mu r^2}$ (centrifugal potential)

■ (1) is different from Eq. in Cartesian coordinates since $r \geq 0$

■ $\Psi_\lambda(\vec{r})$ finite $\rightarrow u(0) = 0$ ($\Psi_\lambda(\vec{r}) = \frac{u(r)}{r} Y_\lambda(\theta, \phi)$)

■ In order to get $u(r)$ we need $V(r)$

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■ In order to get $Y_\lambda(\theta, \phi) \rightarrow$ we do not need $V(r)$, it does not appear in Eqs. which determine it

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*** Obtaining $Y_\lambda(\theta, \phi)$

$$L^2 Y_\lambda(\theta, \phi) = \lambda \hbar^2 Y_\lambda(\theta, \phi)$$

$$L_z Y_\lambda(\theta, \phi) = m \hbar Y_\lambda(\theta, \phi)$$

$$\begin{aligned} L^2 &= -\hbar^2 \left[\frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} + \frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \left(\sin \theta \frac{\partial}{\partial \theta} \right) \right] \\ &= -\hbar^2 \left[-\frac{L_z^2}{\hbar^2 \sin^2 \theta} + \frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \left(\sin \theta \frac{\partial}{\partial \theta} \right) \right] \end{aligned}$$

$$\left[\frac{m^2 \hbar^2}{\sin^2 \theta} - \frac{\hbar^2}{\sin \theta} \frac{\partial}{\partial \theta} \left(\sin \theta \frac{\partial}{\partial \theta} \right) \right] Y_\lambda(\theta, \phi) = \lambda \hbar^2 Y_\lambda(\theta, \phi)$$

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Separation of variables $Y_\lambda(\theta, \phi) = \Theta(\theta) \Phi(\phi)$

$$\left[\frac{m^2}{\sin^2 \theta} - \frac{1}{\sin \theta} \frac{d}{d\theta} \left(\sin \theta \frac{d}{d\theta} \right) \right] \Theta(\theta) = \lambda \Theta(\theta) \quad (2)$$

$$-i\hbar \frac{d\Phi}{d\phi} = m \hbar \Phi \quad (3)$$

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*** Obtaining $\Phi(\phi)$ from (3)

$$\Phi_m(\phi) = e^{im\phi}$$

with the condition $\Phi(\phi) = \Phi(\phi + 2\pi)$ (single-valued)

$$e^{i2\pi m} = 1 \rightarrow m = 0, \pm 1, \pm 2 \dots$$

m is the magnetic quantum number

Eigenvalues of $L_z \rightarrow 0, \pm\hbar, \pm 2\hbar \dots$

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*** Obtaining $\Theta(\theta)$ from (2)

Change $t = \cos \theta$

$$\Theta(\theta) = F(t)$$

$$\frac{d}{d\theta} = \frac{dt}{d\theta} \frac{d}{dt} = -\sqrt{1-t^2} \frac{d}{dt}$$

$$(2) \rightarrow \frac{d}{dt} \left[(1-t^2) \frac{dF}{dt} \right] - \frac{m^2}{1-t^2} F + \lambda F = 0$$

associated Legendre differential equation

■ (a) for $m = 0$

$$\frac{d}{dt} \left[(1-t^2) \frac{dF(t)}{dt} \right] + \lambda F(t) = 0 \quad (4)$$

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If we make the change $t \Rightarrow -t$ in (4)

$$\frac{d}{dt} \left[(1-t^2) \frac{dF(-t)}{dt} \right] + \lambda F(-t) = 0 \quad (5)$$

$F(-t)$ is solution of the associated Legendre differential equation if $F(t)$ is

The operator applied to $F(t)$ in (4) is linear \rightarrow the combinations

$$F_e = F(t) + F(-t) \quad (\text{even in } t) \quad \text{and}$$

$$F_o = F(t) - F(-t) \quad (\text{odd in } t)$$

are solutions of the associated Legendre differential equation

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Look for F **even** or **odd** in t (since there are such solutions)

$$t \Rightarrow -t \rightarrow \theta \Rightarrow \pi - \theta$$

(The change $t \Rightarrow -t$ is equivalent to making a reflection about the plane $xy \rightarrow$ change $z \Rightarrow -z$)

The **regular** solution (it is not ∞) of (4) can be expanded in power series

$$F(t) = \sum_{k=0}^{\infty} a_k t^k$$

By a method analogous to that used in the harmonic oscillator

$$\frac{a_{k+2}}{a_k} = \frac{k(k+1) - \lambda}{(k+2)(k+1)} \quad \text{recurrence relation}$$

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$a_0 \neq 0$; $a_1 = 0$ k even, even series in t

$a_1 \neq 0$; $a_0 = 0$ k odd, odd series in t

If the series does not cut

$$\lim_{k \rightarrow \infty} \frac{a_{k+2}}{a_k} = \frac{k}{k+2} \rightarrow 1$$

Convergence criterion

$$R = \lim_{n \rightarrow \infty} \left| \frac{a_{n+1}}{a_n} t \right| < 1$$

For $|t| = 1 \Rightarrow R = 1 \Rightarrow$ the series does not converge if the series does not cut

We cut the series for $k = l$ (integer ≥ 0) \rightarrow polynomial (l even
 \Rightarrow even polynomial; l odd \Rightarrow odd polynomial)

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$$a_{l+2} = 0$$

$$\lambda = l(l+1)$$

Eigenvalues of $L^2 \rightarrow l(l+1) \hbar^2$

$$l = 0, 1, 2, \dots$$

$$\lambda = 0, 2, 6, \dots$$

Solution of (4) \rightarrow **Legendre polynomial** $P_l(t)$

They can be obtained from Rodrigues formula

$$P_l(t) = \frac{1}{2^l l!} \left(\frac{d}{dt} \right)^l (t^2 - 1)^l$$

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Legendre polynomials

$$\begin{aligned}
 P_0(x) &= 1 \\
 P_1(x) &= x \\
 P_2(x) &= \frac{1}{2}(3x^2 - 1) \\
 P_3(x) &= \frac{1}{2}(5x^3 - 3x) \\
 P_4(x) &= \frac{1}{8}(35x^4 - 30x^2 + 3) \\
 P_5(x) &= \frac{1}{8}(63x^5 - 70x^3 + 15x) \\
 P_6(x) &= \frac{1}{16}(231x^6 - 315x^4 + 105x^2 - 5) \\
 P_7(x) &= \frac{1}{16}(429x^7 - 693x^5 + 315x^3 - 35x) \\
 P_8(x) &= \frac{1}{128}(6435x^8 - 12012x^6 + 6930x^4 - 1260x^2 + 35)
 \end{aligned}
 \tag{13}$$

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■ (b) $m \neq 0$

$$F(t) \rightarrow P_l^m(t) = (1 - t^2)^{\frac{|m|}{2}} \frac{d^{|m|} P_l(t)}{dt^{|m|}}$$

$$|m| \leq l \text{ integer} \quad m = -l, -l+1, \dots, l-1, l$$

$P_l^m(t)$ **associated Legendre function**

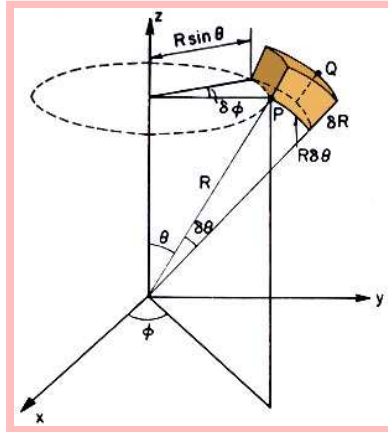
$$Y_{lm}(\theta, \phi) = \mathcal{N} \Phi_m(\phi) \Theta_l^m(\theta) \quad \text{spherical harmonics}$$

$$1 = \int d\tau |\Psi(\vec{r})|^2 = \int_0^\infty dr r^2 |R(r)|^2 \int_0^\pi d\theta \sin \theta \int_0^{2\pi} d\phi |Y_{lm}|^2$$

We impose $\int_0^\infty dr r^2 |R(r)|^2 = 1$ and

$$\int_0^\pi d\theta \sin \theta \int_0^{2\pi} d\phi |Y_{lm}|^2 = 1$$

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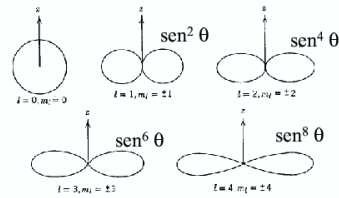
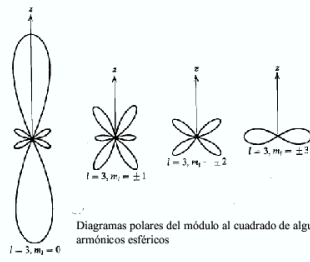
$$d\tau = dr \, r \, d\theta \, r \sin \theta \, d\phi = r^2 \sin \theta \, dr \, d\theta \, d\phi = r^2 \, dr \, d\Omega$$

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spherical harmonics $Y_l^m = Y_{lm}$

$Y_0^0 = \sqrt{\frac{1}{4\pi}}$	$Y_1^0 = \sqrt{\frac{3}{4\pi}} \cos(\theta)$	$Y_2^0 = \sqrt{\frac{5}{16\pi}} (3 \cos^2 \theta - 1)$
	$Y_1^1 = -\sqrt{\frac{3}{8\pi}} \sin \theta e^{i\phi}$	$Y_2^1 = -\sqrt{\frac{15}{8\pi}} \sin \theta \cos \theta e^{i\phi}$
	$Y_1^{-1} = \sqrt{\frac{3}{8\pi}} \sin \theta e^{-i\phi}$	$Y_2^{-1} = \sqrt{\frac{15}{8\pi}} \sin \theta \cos \theta e^{-i\phi}$
		$Y_2^2 = \sqrt{\frac{15}{32\pi}} \sin^2 \theta e^{2i\phi}$
		$Y_2^{-2} = \sqrt{\frac{15}{32\pi}} \sin^2 \theta e^{-2i\phi}$

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$$|Y_0^0(\theta, \phi)|^2$$



$$|Y_1^0(\theta, \phi)|^2$$



$$|Y_1^1(\theta, \phi)|^2$$



$$|Y_2^0(\theta, \phi)|^2$$



$$|Y_2^1(\theta, \phi)|^2$$



$$|Y_2^2(\theta, \phi)|^2$$



$$|Y_3^0(\theta, \phi)|^2$$



$$|Y_3^1(\theta, \phi)|^2$$



$$|Y_3^2(\theta, \phi)|^2$$



$$|Y_3^3(\theta, \phi)|^2$$



Y_{lm} are simultaneous eigenfunctions of L^2 and L_z . They are an orthonormal set

$$\int d\Omega Y_{lm}^* Y_{l'm'} = \delta_{ll'} \delta_{mm'}$$

$$m \geq 0 \quad Y_{lm}(\theta, \phi) = \sqrt{\frac{(2l+1)(l-m)!}{4\pi(l+m)!}} (-1)^m e^{im\phi} P_l^m(\cos \theta)$$

$$m < 0 \quad Y_{lm}(\theta, \phi) = (-1)^m Y_{l-m}^*(\theta, \phi)$$

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Reflection about the origin

$$\vec{r} \rightarrow -\vec{r} \quad \begin{cases} \phi \rightarrow \phi + \pi \\ \theta \rightarrow \pi - \theta \end{cases}$$

$$e^{im\phi} \rightarrow (-1)^m e^{im\phi} \quad (e^{im\pi} = (-1)^m)$$

$$P_l^m(\cos \theta) \rightarrow (-1)^{l-m} P_l^m(\cos \theta)$$

$$Y_{lm} \rightarrow (-1)^l Y_{lm} \quad \text{PARITY} \rightarrow (-1)^l$$

Any $f(\theta, \phi) \rightarrow$ can be expanded in terms of $Y_{lm}(\theta, \phi)$

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Angular momentum \rightarrow any vector operator \vec{J} whose components satisfy the commutation relations:
 $[J_i, J_j] = i\hbar \epsilon_{ijk} J_k$

We define **ladder operators** from its J_x and J_y components

$$J_+ = J_x + i J_y \quad ; \quad J_- = J_x - i J_y$$

$$(J_+)^{\dagger} = J_-$$

$$[J_z, J_+] = \hbar J_+ \quad ; \quad [J_z, J_-] = -\hbar J_- \quad ; \quad [J_+, J_-] = 2\hbar J_z \quad (6)$$

$$\text{From } [J^2, \vec{J}] = 0 \rightarrow [J^2, J_+] = [J^2, J_-] = [J^2, J_z] = 0$$

J^2 can be written

$$J^2 = \frac{1}{2} [J_+ J_- + J_- J_+] + J_z^2$$

From (6)

$$J_- J_+ = J^2 - J_z(J_z + \hbar) \quad (7)$$

$$J_+ J_- = J^2 - J_z(J_z - \hbar) \quad (8)$$

If we call $|j m\rangle$ a normalized state such that

$$J^2 |j m\rangle = j(j+1) \hbar^2 |j m\rangle$$

$$J_z |j m\rangle = m \hbar |j m\rangle$$

(7) \Rightarrow

$$\begin{aligned} J_- J_+ |j m\rangle &= \hbar^2 [j(j+1) - m(m+1)] |j m\rangle \\ &= \hbar^2 (j-m)(j+m+1) |j m\rangle \end{aligned}$$

(8) \Rightarrow

$$\begin{aligned} J_+ J_- |j m\rangle &= \hbar^2 [j(j+1) - m(m-1)] |j m\rangle \\ &= \hbar^2 (j+m)(j-m+1) |j m\rangle \end{aligned}$$

Since $(J_-)^\dagger = J_+$ and $(J_+)^\dagger = J_-$, the squares of the norms of $J_+ |j m\rangle$ and $J_- |j m\rangle$ are

$$\langle j m | J_- J_+ |j m\rangle = (j-m)(j+m+1) \hbar^2 \langle j m | j m\rangle$$

$$\langle j m | J_+ J_- |j m\rangle = (j+m)(j-m+1) \hbar^2 \langle j m | j m\rangle$$

and must be ≥ 0 ($j \geq 0$)

$$(j-m)(j+m+1) \geq 0 ; (j+m)(j-m+1) \geq 0$$

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$$* (j-m) \geq 0 ; (j+m+1) \geq 0 \quad \text{or}$$

$$\rightarrow \leftarrow (j-m) \leq 0 ; (j+m+1) \leq 0$$

and

$$* (j+m) \geq 0 ; (j-m+1) \geq 0 \quad \text{or}$$

$$\rightarrow \leftarrow (j+m) \leq 0 ; (j-m+1) \leq 0$$

\Downarrow

$$-j \leq m \leq j \quad (9)$$

Zero norm \rightarrow zero vector

$$J_+ |j m\rangle = 0 \iff (j-m)(j+m+1) = 0$$

$$J_- |j m\rangle = 0 \iff (j+m)(j-m+1) = 0$$

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From (9)

$$J_+ |j m\rangle = 0 \iff m = j$$

$$J_- |j m\rangle = 0 \iff m = -j$$

If $m \neq j$

$$J^2 J_+ |j m\rangle = J_+ J^2 |j m\rangle = j(j+1)\hbar^2 J_+ |j m\rangle$$

If $m \neq -j$

$$J^2 J_- |j m\rangle = J_- J^2 |j m\rangle = j(j+1)\hbar^2 J_- |j m\rangle$$

Moreover

$$[J_z, J_+] = \hbar J_+ \Rightarrow J_z J_+ = J_+(J_z + \hbar)$$

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Then

$$J_z [J_+ |j m\rangle] = J_+(J_z + \hbar) |j m\rangle = (m+1)\hbar [J_+ |j m\rangle]$$

On the other hand $[J_z, J_-] = -\hbar J_- \Rightarrow J_z J_- = J_-(J_z - \hbar)$ Then

$$J_z [J_- |j m\rangle] = J_-(J_z - \hbar) |j m\rangle = (m-1)\hbar [J_- |j m\rangle]$$

All this leads to

$$\blacksquare \quad -j \leq m \leq j$$

$$\blacksquare \text{ for } m = j \Rightarrow J_+ |j j\rangle = 0$$

$$\blacksquare \text{ for } m \neq j \Rightarrow J_+ |j m\rangle \propto |j m+1\rangle$$

Norm of

$$J_+ |j m\rangle \rightarrow \hbar \sqrt{(j-m)(j+m+1)} = \hbar \sqrt{j(j+1) - m(m+1)}$$

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■ If $m = -j \Rightarrow J_- |j - j\rangle = 0$

■ If $m \neq -j \Rightarrow J_- |j m\rangle \propto |j m - 1\rangle$

Norm of

$$J_- |j m\rangle \rightarrow \hbar \sqrt{(j+m)(j-m+1)} = \hbar \sqrt{j(j+1) - m(m-1)}$$

We set the phases so that

$$J_+ |j m\rangle = \hbar \sqrt{j(j+1) - m(m+1)} |j m+1\rangle$$

$$J_- |j m\rangle = \hbar \sqrt{j(j+1) - m(m-1)} |j m-1\rangle$$

From a state $|j m\rangle$ can be obtained, by successive application of J_+ and J_- , the others, to have the $2j+1$ compatible with j

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