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1. Starting from (2.58) and following the proof on p. 42,

$$\begin{split} \hat{H} &= \hbar\omega \left(\hat{a}_{\pm} \hat{a}_{\mp} \pm \frac{1}{2} \right), \\ \hat{H}(\hat{a}_{-}\psi) &= \hbar\omega \left(\hat{a}_{-} \hat{a}_{+} - \frac{1}{2} \right) \hat{a}_{-}\psi \\ &= \hbar\omega \hat{a}_{-} \left(\hat{a}_{+} \hat{a}_{-} - \frac{1}{2} \right) \psi \\ \text{As } [\hat{a}_{-}, \hat{a}_{+}] &= \hat{a}_{-} \hat{a}_{+} - \hat{a}_{+} \hat{a}_{-} = 1 \implies \hat{a}_{+} \hat{a}_{-} = \hat{a}_{-} \hat{a}_{+} - 1, \\ &= \hat{a}_{-} \left[\hbar\omega \left(\hat{a}_{-} \hat{a}_{+} - 1 - \frac{1}{2} \right) \psi \right] \\ &= \hat{a}_{-} \left[\hbar\omega \left(\hat{a}_{-} \hat{a}_{+} - \frac{1}{2} \right) - \hbar\omega \right] \psi \\ \hat{H}(\hat{a}_{-}\psi) &= \hat{a}_{-} \left(E - \hbar\omega \right) \psi \quad \Box \end{split}$$

Therefore $E - \hbar \omega$ is a solution to the Hamiltonian of the lowering operator on a wavefunction.

On the ground state, the energy is $E_0 = \hbar\omega/2$ and lowering it results in a negative energy

$$E_{-1} = -\hbar\omega/2.$$

2. From the analytical solution (2.86),

$$\psi(x) = \left(\frac{m\omega}{\pi\hbar}\right)^{1/4} \frac{1}{\sqrt{2^n n!}} H_n(\xi) e^{-\xi^2/2}$$
$$= \left(\frac{m\omega}{\pi\hbar}\right)^{1/4} e^{-\xi^2/2}$$
$$= \left(\frac{m\omega}{\pi\hbar}\right)^{1/4} e^{-m\omega x^2/2\hbar}.$$

Then applying the raising operator \hat{a}_{+} ,

$$\hat{a}_{+}\psi(x) = \frac{1}{\sqrt{2\hbar m\omega}} \left(-i\hat{p} + m\omega x \right) \psi(x)$$

$$= \frac{1}{\sqrt{2\hbar m\omega}} \left(\frac{m\omega}{\pi\hbar} \right)^{1/4} \left(m\omega x e^{-m\omega x^{2}/2\hbar} + m\omega x e^{-m\omega x^{2}/2\hbar} \right)$$

$$= \left(\frac{m\omega}{\pi\hbar} \right)^{1/4} \frac{1}{\sqrt{2}} \left(2\sqrt{\frac{m\omega}{\hbar}} x \right) e^{-m\omega x^{2}/2\hbar}.$$

3. Study Chapter 3.5.