

① Griffiths 4.21

The raising and lowering operators L_{\pm} change the value of m by one unit,

$$L_{\pm} f_l^m = A_l^m f_l^{m\pm 1}$$

where A_l^m is some constant. Compute A_l^m assuming the eigenfunctions f_l^m are normalized.

Answer: $A_l^m = \hbar \sqrt{l(l+1) - m(m\pm 1)} = \hbar \sqrt{(l\mp m)(l\pm m+1)}$

First, show that L_{\mp} is the Hermitian conjugate of L_{\pm}

$$L_{\pm} \equiv L_x \pm iL_y$$

$$\begin{aligned} \langle f | L_{\pm} g \rangle &= \langle f | (L_x \pm iL_y) g \rangle = \langle f | L_x g \rangle \pm \langle f | iL_y g \rangle \\ &= \langle L_x f | g \rangle \pm \langle iL_y f | g \rangle^* = \langle (L_x \mp iL_y) f | g \rangle \\ &= \langle L_{\mp} f | g \rangle \end{aligned}$$

$$\langle f | L_{\pm} g \rangle = \langle L_{\mp} f | g \rangle \iff (L_{\pm})^\dagger = L_{\mp} \quad \checkmark$$

Applying each to the eigenfunction and taking inner product:

$\langle f_l^m | L_{\pm} L_{\mp} f_l^m \rangle$, and using

$$L^2 = L_{\pm} L_{\mp} + L_z^2 \mp \hbar L_z \rightarrow L_{\pm} L_{\mp} = L^2 - L_z^2 \mp \hbar L_z$$

$$\Rightarrow \langle f_l^m | (L^2 - L_z^2 \pm \hbar L_z) f_l^m \rangle = \langle f_l^m | (\underbrace{\hbar^2 l(l+1) - \hbar^2 m^2 \mp \hbar^2 m}_{\text{constant}}) f_l^m \rangle$$

$$= \hbar^2 [l(l+1) - m(m\pm 1)]$$

Also, since $(L_{\pm})^\dagger = L_{\mp}$:

$$\langle f_l^m | L_{\pm} L_{\mp} f_l^m \rangle = \langle L_{\mp} f_l^m | L_{\pm} f_l^m \rangle = \langle A_l^m f_l^{m\pm 1} | A_l^m f_l^{m\pm 1} \rangle$$

$$= |A_l^m|^2 \langle f_l^{m+1} | f_l^{m+1} \rangle = |A_l^m|^2$$

$$\Rightarrow |A_l^m|^2 = \hbar^2 [l(l+1) - m(m\pm 1)]$$

$$\Rightarrow A_l^m = \hbar \sqrt{l(l+1) - m(m\pm 1)} \quad \checkmark$$

At the top rung $m=l$ and $A_l^m = 0$, forcing all eigenfunctions with $m > l$ to $= 0$.

At the bottom rung $m=-l$ the same occurs

$$A_l^m = \hbar \sqrt{l(l+1) + l(-l\mp 1)} = \hbar \sqrt{l(l+1) - l(l\pm 1)} = 0.$$

② Griffiths 4.25

a) What is $L_z Y_l^m$? (No calculation allowed!)

$$\hbar m Y_l^m$$

b) Use the result of (a) together with the equation

$$L_z = \pm \hbar e^{\pm i\phi} \left(\frac{\partial}{\partial \theta} \pm i \cot \theta \frac{\partial}{\partial \phi} \right)$$

And the fact that $L_z Y_l^m = \hbar m Y_l^m$ to determine $Y_l^m(\theta, \phi)$ up to a normalization constant

$$L_z Y_l^m = \hbar m Y_l^m$$

$$-i\hbar \frac{\partial Y_l^m}{\partial \phi} = \hbar m Y_l^m \Rightarrow \frac{\partial Y_l^m}{\partial \phi} = i m Y_l^m$$

$$\Rightarrow Y_l^m(\theta, \phi) = A(\theta) e^{im\phi}$$

may depend on θ , not ϕ

Applying the raising operator:

$$L_+ Y_l^1 = 0 = \hbar e^{i\phi} \left(\frac{\partial}{\partial \theta} + i \cot \theta \frac{\partial}{\partial \phi} \right) A(\theta) e^{i l \phi}$$

$$e^{i l \phi} \frac{\partial A}{\partial \theta} + i \cot \theta A(\theta) \frac{\partial}{\partial \phi} (e^{i l \phi}) = 0$$

$$e^{i l \phi} \frac{\partial A}{\partial \theta} + i \cot \theta A(\theta) (i l) e^{i l \phi} = 0$$

$$e^{i l \phi} \frac{\partial A}{\partial \theta} - A(\theta) l \cot \theta e^{i l \phi} = 0$$

$$\star \quad \frac{\partial A}{\partial \theta} = A l \cot \theta$$

$$\int \frac{dA}{A} = \int l \cot \theta d\theta$$

$$\ln A = l \ln(\sin \theta) + C$$

$$A(\theta) = e^C e^{l \ln(\sin \theta)} = B \sin^l \theta$$

$$\Rightarrow \boxed{Y_l^1(\theta, \phi) = B \sin^l \theta e^{i l \phi}} \quad \text{c) Find B.}$$

$$1 = \int_{\Omega} |Y_l^1|^2 d\Omega = \int_0^{2\pi} \int_0^\pi (Y_l^1)^* Y_l^1 \sin \theta d\theta d\phi$$

$$1 = |B|^2 \int_0^{2\pi} \int_0^\pi \sin^{2l} \theta \sin \theta d\theta d\phi = |B|^2 \int_0^{2\pi} d\phi \int_0^\pi \sin^{2l+1} \theta d\theta$$

$$- \frac{1}{2\pi |B|^2} = \int_0^\pi \sin^{2l+1} \theta d\theta -$$

$$\text{For } n > 0, \text{ we have } \int_0^\pi \sin^n \theta d\theta = \frac{\sin^{n-1} \theta \cos \theta}{n} \Big|_0^\pi + \frac{n-1}{n} \int_0^\pi \sin^{n-2} \theta d\theta$$

$$\int_0^\pi \sin^n \theta d\theta = \frac{(n-1)}{n} \int_0^\pi \sin^{n-2} \theta d\theta$$

$$\Rightarrow \int_0^\pi \sin^{2l+1} \theta d\theta = \frac{2l}{2l+1} \int_0^\pi \sin^{2l-1} \theta d\theta$$

$$I = \frac{2l-2}{2l-1} \int_0^\pi \sin^{2l-3} \theta d\theta$$

$$\Rightarrow \int_0^\pi \sin^{2l+1} \theta d\theta = \left(\frac{2l}{2l+1} \right) \left(\frac{2l-2}{2l-1} \right) \int_0^\pi \sin^{2l-3} \theta d\theta$$

This repeats until $n = 2l+1 = 1 \rightarrow l = 0$.

But this is false, so $l = 1$

$$\rightarrow \left(\frac{2l}{2l+1} \right) \left(\frac{2l-2}{2l-1} \right) \dots \left(\frac{4}{5} \right) \left(\frac{2}{3} \right) \int_0^\pi \sin \theta d\theta$$

$$= [-\cos \theta]_0^\pi = 2$$

$$* \Rightarrow \int_0^\pi \sin^{2l+1} \theta d\theta = \frac{2 \cdot 4 \cdot 6 \dots (2l-2) \cdot 2l}{3 \cdot 5 \cdot 7 \dots (2l-1) \cdot 2l+1} (2)$$

$$\text{or } \frac{1}{4\pi |B|^2} = \frac{(2 \cdot 4 \dots 2l)^2}{1 \cdot 2 \cdot 3 \cdot 4 \dots (2l-1) \cdot 2l \cdot (2l+1)} = \frac{(2l!)^2}{(2l+1)!}$$

$$\Rightarrow |B|^2 = \frac{(2l+1)!}{(2l!)^2 4\pi}$$

$$\rightarrow B = \sqrt{\frac{(2l+1)!}{\pi}} \cdot \frac{1}{2^{l+1}} \cdot \frac{1}{2}$$

$$\Rightarrow B = \frac{1}{2^{l+1} l!} \sqrt{\frac{(2l+1)!}{\pi}}$$

$$Y_l^1(\theta, \phi) = \frac{1}{2^{l+1} l!} \sqrt{\frac{(2l+1)!}{\pi}} \sin^l \theta e^{i\phi}$$