

1. INTRODUCTION TO QUANTUM MECHANICS

2. ANGULAR MOMENTUM

2.1 Classical Mechanics → Quantum Mechanics

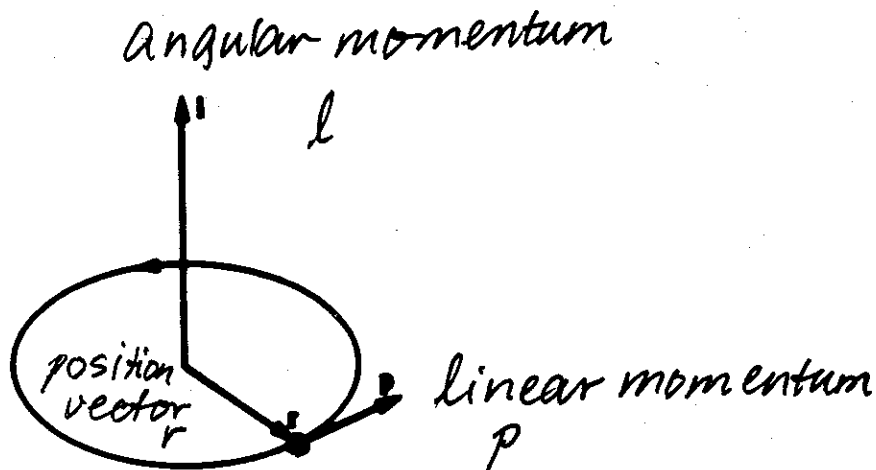
2.2 Commutation Rules of Angular Momentum

2.3 Example: Particle on a Sphere

2.4 Example: The Rigid Rotor

2.5 Eigenfunctions of Angular Momentum

ANGULAR MOMENTUM



The classical definition
of angular momentum, $\mathbf{l} = \mathbf{r} \wedge \mathbf{p}$.

CLASSICAL MECHANICS

$$\mathbf{l} = \mathbf{r} \times \mathbf{p} \quad \text{or} \quad \mathbf{r} \wedge \mathbf{p}$$

"cross product" or "vector product"

position vector

$$\mathbf{r} = x\hat{i} + y\hat{j} + z\hat{k}$$

linear momentum

$$\mathbf{p} = p_x\hat{i} + p_y\hat{j} + p_z\hat{k}$$

angular momentum

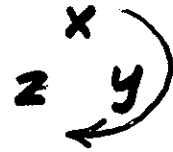
$$\begin{aligned} \mathbf{l} = & (y p_z - z p_y)\hat{i} \\ & + (z p_x - x p_z)\hat{j} \\ & + (x p_y - y p_x)\hat{k} \end{aligned}$$

$$\mathbf{r} \times \mathbf{p} = \begin{vmatrix} \hat{i} & \hat{j} & \hat{k} \\ x & y & z \\ p_x & p_y & p_z \end{vmatrix}$$

$$l_x = y p_z - z p_y$$

$$l_y = z p_x - x p_z$$

$$l_z = x p_y - y p_x$$



$$l \cdot l = l^2 = l_x^2 + l_y^2 + l_z^2$$

dot product
or scalar product

QUANTUM MECHANICS

Replace p_x , p_y , and p_z by operators to find

$$l_x = \frac{\hbar}{i} \left(y \frac{\partial}{\partial z} - z \frac{\partial}{\partial y} \right)$$

$$l_y = \frac{\hbar}{i} \left(z \frac{\partial}{\partial x} - x \frac{\partial}{\partial z} \right)$$

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

Commutation Rules:

$$[l_y, l_z] = i\hbar l_x$$

$$[l_z, l_x] = i\hbar l_y$$

$$[l_x, l_y] = i\hbar l_z$$



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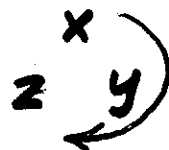
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$$l_x = y p_z - z p_y$$

$$l_y = z p_x - x p_z$$

$$l_z = x p_y - y p_x$$



$$l \cdot l = l^2 = l_x^2 + l_y^2 + l_z^2$$

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Replace p_x , p_y , and p_z by operators to find

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

Commutation Rules:

$$[l_y, l_z] = i\hbar l_x$$

$$[l_z, l_x] = i\hbar l_y$$

$$[l_x, l_y] = i\hbar l_z$$



How did we get the commutators?

$$[l_x, l_y] = \frac{\hbar}{i} \cdot \frac{\hbar}{i} \left\{ (y \frac{\partial}{\partial z} - z \frac{\partial}{\partial y}) (z \frac{\partial}{\partial x} - x \frac{\partial}{\partial z}) - (z \frac{\partial}{\partial x} - x \frac{\partial}{\partial z}) (y \frac{\partial}{\partial z} - z \frac{\partial}{\partial y}) \right\}$$

$$= \frac{\hbar}{i} \frac{\hbar}{i} \left\{ y \frac{\partial}{\partial z} z \frac{\partial}{\partial x} - x \frac{\partial}{\partial z} z \frac{\partial}{\partial y} + z \frac{\partial}{\partial y} x \frac{\partial}{\partial z} - z \frac{\partial}{\partial x} y \frac{\partial}{\partial z} \right\} \quad \text{all others drop out}$$

$$y \frac{\partial}{\partial z} z \frac{\partial}{\partial x} \psi(x, y, z) = y \frac{\partial}{\partial z} (z \frac{\partial \psi}{\partial x}) = y \frac{\partial \psi}{\partial x} + y z \frac{\partial^2 \psi}{\partial z \partial x}$$

itself is a function of z

$$z \frac{\partial}{\partial y} x \frac{\partial \psi}{\partial z} = z x \frac{\partial^2 \psi}{\partial y \partial z}$$

On the other hand, the negative terms:

$$x \frac{\partial}{\partial z} z \frac{\partial \psi}{\partial y} = x \frac{\partial}{\partial z} (z \frac{\partial \psi}{\partial y}) = x \frac{\partial \psi}{\partial y} + x z \frac{\partial^2 \psi}{\partial z \partial y}$$

a function of z

$$z \frac{\partial}{\partial x} y \frac{\partial \psi}{\partial z} = z y \frac{\partial^2 \psi}{\partial x \partial z}$$

Leaving only:

$$[l_x, l_y] = \frac{\hbar}{i} \frac{\hbar}{i} \underbrace{\left(y \frac{\partial}{\partial x} - x \frac{\partial}{\partial y} \right)}_{-l_z} = i\hbar l_z$$

The others can be shown similarly.

$$\begin{aligned}
 [l^2, l_x] &= l^2 l_x - l_x l^2 = (l_x^2 + l_y^2 + l_z^2) l_x - l_x (l_x^2 + l_y^2 + l_z^2) \\
 &= \cancel{l_x^3} + \underbrace{l_y l_y l_x}_{\substack{l_x l_y \\ -i\hbar l_z}} + \underbrace{l_z l_z l_x}_{l_x l_z} - \cancel{l_x^3} - \underbrace{l_x l_y l_y}_{\substack{l_y l_x \\ +i\hbar l_z}} - \underbrace{l_x l_z l_z}_{\substack{l_z l_x \\ -i\hbar l_y}}
 \end{aligned}$$

$$\begin{aligned}
 &= \cancel{l_y l_x l_y} - \cancel{i\hbar l_y l_z} + \cancel{l_z l_x l_z} + \cancel{i\hbar l_z l_y} - \cancel{l_y l_x l_y} - \cancel{i\hbar l_z l_y} - \cancel{l_z l_x l_z} + \cancel{i\hbar l_y l_z} \\
 &= 0
 \end{aligned}$$

$$[l^2, l_x] = 0$$

Similarly, one can show that

$$[l^2, l_y] = 0$$

$$[l^2, l_z] = 0$$

This means that $\mathbf{l}^2$ and any one of its components are simultaneously knowable, or

$$\begin{aligned}
 \sigma_{l^2} \cdot \sigma_{l_x} &\geq 0 & \sigma_{l^2} \cdot \sigma_{l_y} &\geq 0 \\
 \text{and } \sigma_{l^2} \cdot \sigma_{l_z} &\geq 0
 \end{aligned}$$

But, since $[l_x, l_y] = i\hbar l_z \neq 0$, then

$$\sigma_{l_x} \cdot \sigma_{l_y} \geq \frac{1}{2} \left\langle \frac{[l_x, l_y]}{i} \right\rangle$$

$$\text{or } \sigma_{l_x} \cdot \sigma_{l_y} \geq \frac{\hbar}{2} \langle l_z \rangle$$

We know the form of these operators in cartesian coordinates x, y, z .

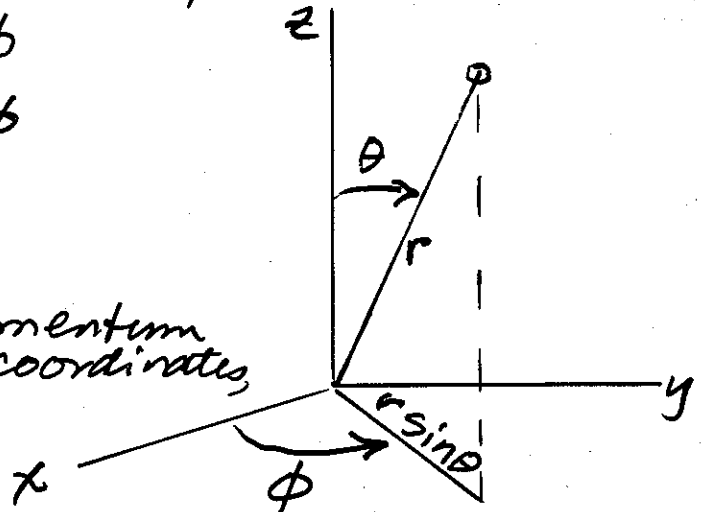
If we use the spherical polar coordinates:

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

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

$$z = r \cos \theta$$

From the angular momentum operators in x, y, z , coordinates, With some effort, one can derive:



$$l^2 = -\hbar^2 \left\{ \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} + \frac{1}{\sin \theta} \frac{\partial}{\partial \theta} (\sin \theta \frac{\partial}{\partial \theta}) \right\}$$

$$l_z = \frac{\hbar}{i} \frac{\partial}{\partial \phi}$$

$$l_y = \frac{\hbar}{i} \left\{ \cos \phi \frac{\partial}{\partial \theta} - \cot \theta \sin \phi \frac{\partial}{\partial \phi} \right\}$$

$$l_x = -\frac{\hbar}{i} \left\{ \sin \phi \frac{\partial}{\partial \theta} + \cot \theta \cos \phi \frac{\partial}{\partial \phi} \right\}$$

the angular momentum operators in r, θ, ϕ , coordinates

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EXAMPLE: Particle on a sphere

$V = \infty$ everywhere except on the surface of the sphere for one particle of mass M

$$H = -\frac{\hbar^2}{2M} \left(\frac{\partial^2}{\partial x^2} + \frac{\partial^2}{\partial y^2} + \frac{\partial^2}{\partial z^2} \right) + V \quad \begin{matrix} \text{(zero on sphere} \\ \infty \text{ elsewhere)} \end{matrix}$$

Use spherical polar coordinates

$r = \text{radius of sphere} = \text{constant}$

$$x = r \sin \theta \cos \phi \quad y = r \sin \theta \sin \phi \quad z = r \cos \theta$$

$$H = -\frac{\hbar^2}{2M} \left\{ \frac{1}{r} \frac{\partial^2}{\partial r^2} r + \frac{1}{r^2 \sin \theta} \frac{\partial}{\partial \theta} \sin \theta \frac{\partial}{\partial \theta} + \frac{1}{r^2 \sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right\}$$

for $r = \text{constant}$

$$H = -\frac{\hbar^2}{2M r^2} \left\{ \frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \sin \theta \frac{\partial}{\partial \theta} + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right\}$$

SEPARATION OF VARIABLES may be possible:

Let the solutions to the equation:

$$H Y(\theta, \phi) = E Y(\theta, \phi)$$

be a SIMPLE PRODUCT of functions:

$$Y(\theta, \phi) = \Theta(\theta) \cdot \Phi(\phi)$$

Try it and see if it satisfies the Schrödinger equation:

$$\frac{\hbar^2}{2Mr^2} \left\{ \frac{1}{\sin\theta} \frac{\partial}{\partial\theta} \sin\theta \frac{\partial}{\partial\theta} + \frac{1}{\sin^2\theta} \frac{\partial^2}{\partial\phi^2} \right\} \Theta(\theta) \Phi(\phi)$$

$$\text{Multiply both sides by } \frac{\sin^2\theta 2Mr^2}{-\hbar^2} = E \Theta(\theta) \Phi(\phi)$$

$$\frac{\left(\sin\theta \frac{\partial}{\partial\theta} \sin\theta \frac{\partial}{\partial\theta} + \frac{\partial^2}{\partial\phi^2} \right) \Theta(\theta) \Phi(\phi)}{\Theta(\theta) \Phi(\phi)} = E \frac{\sin^2\theta 2Mr^2}{-\hbar^2}$$

$$\frac{\sin\theta \frac{\partial}{\partial\theta} \sin\theta \frac{\partial}{\partial\theta} \Theta(\theta)}{\Theta(\theta)} + \frac{2Mr^2 E \sin^2\theta}{\hbar^2} + \frac{\frac{\partial^2 \Phi(\phi)}{\partial\phi^2}}{\Phi(\phi)} = 0$$

Therefore this must be $+m^2$

multiply by $\frac{\Theta(\theta)}{\sin^2\theta}$ to get:

$$\frac{1}{\sin\theta} \frac{\partial}{\partial\theta} \sin\theta \frac{\partial}{\partial\theta} \Theta(\theta) - \frac{m^2 \Theta(\theta)}{\sin^2\theta} = -\frac{2Mr^2 E}{\hbar^2} \Theta(\theta)$$

From particle on a ring we already know this to be $-m^2$

where $m = 0, \pm 1, \pm 2, \dots$

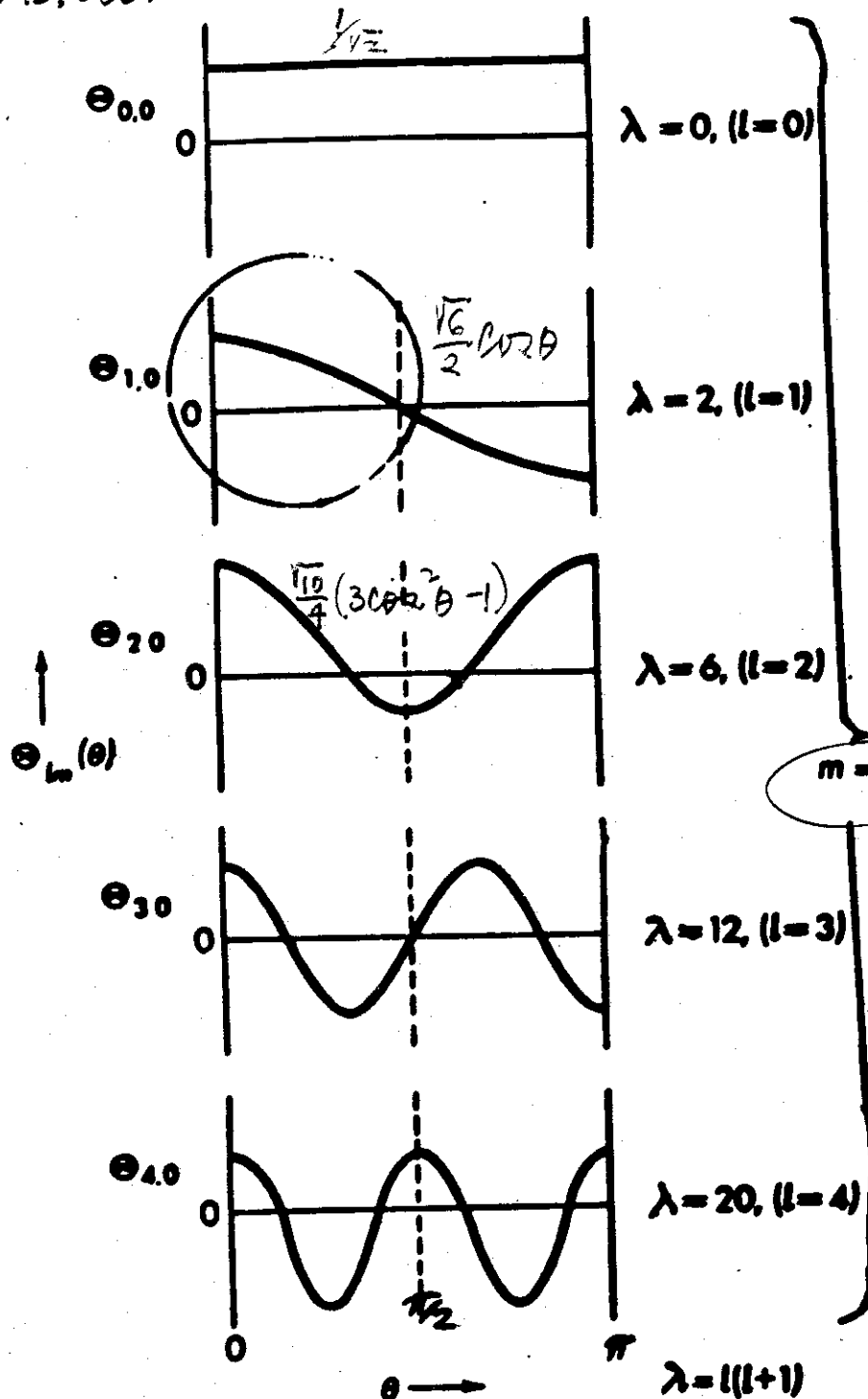
$$\Phi(\phi) = \frac{1}{\sqrt{2\pi}} e^{im\phi}$$

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

$$\text{where } \lambda \equiv \frac{2Mr^2 E}{\hbar^2}$$

Consider solutions for $m=0$:

$$m = 0, \pm 1, \pm 2, \dots$$

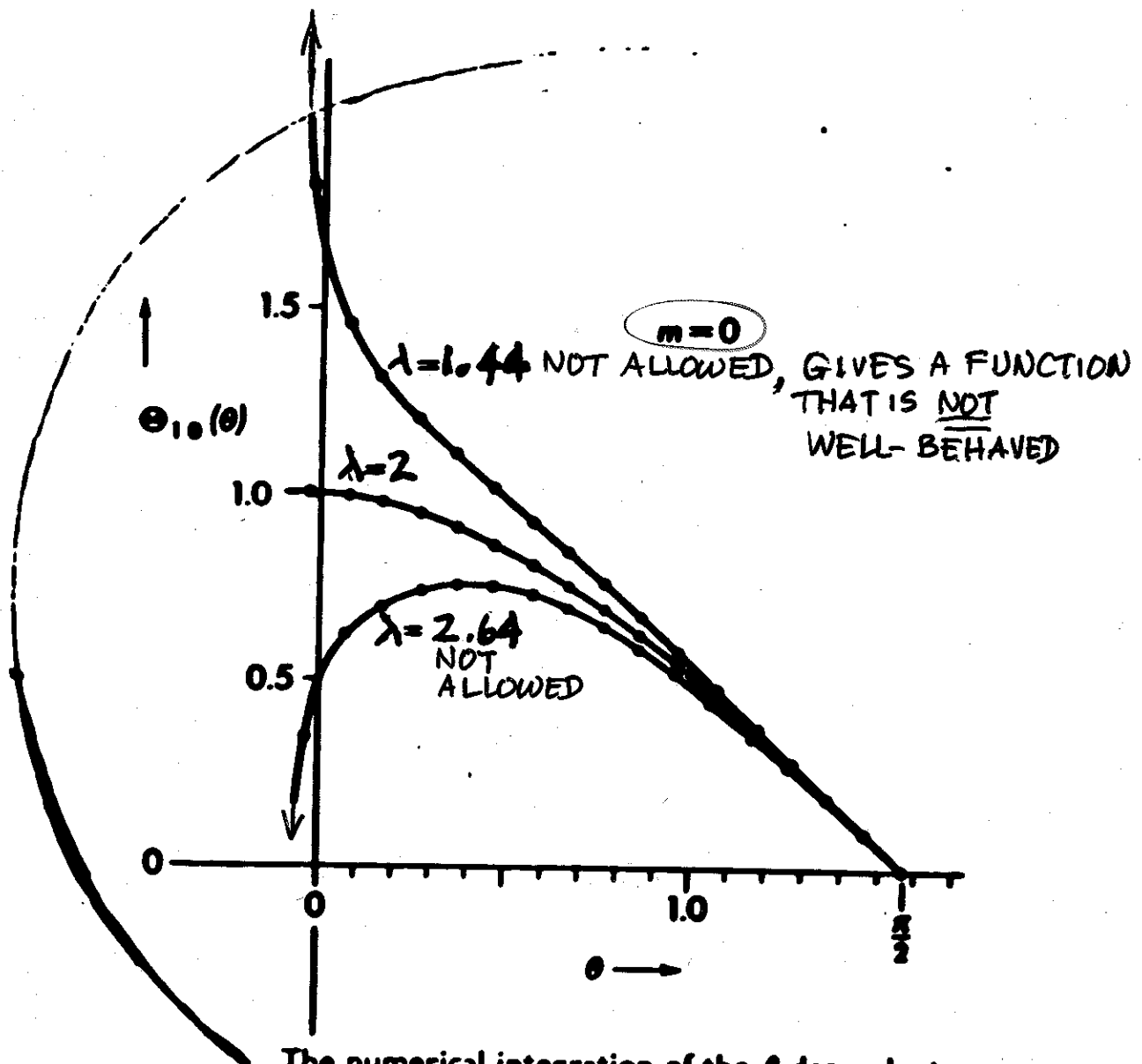


$m = 0$

$$\lambda = 30, 42, \text{etc.}$$

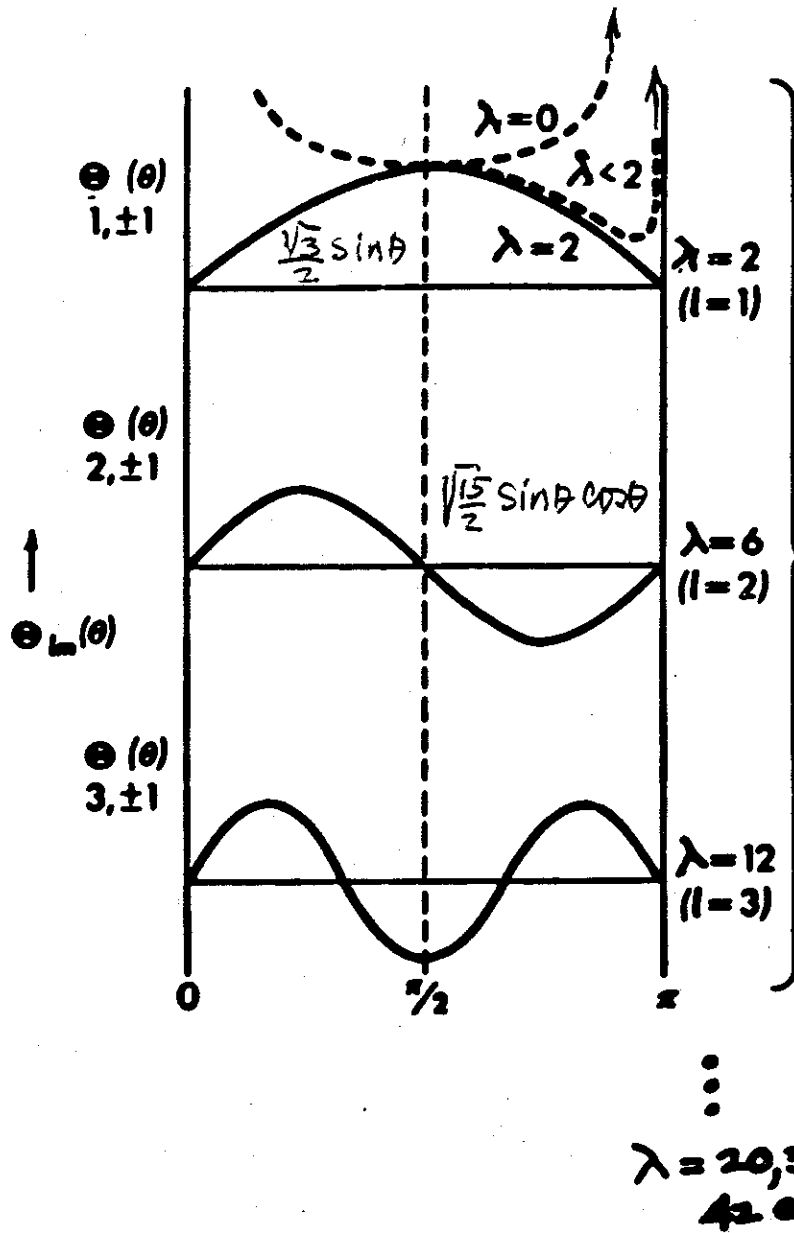
For $m=0$

We get a WELL-BEHAVED FUNCTION for $\lambda=2$

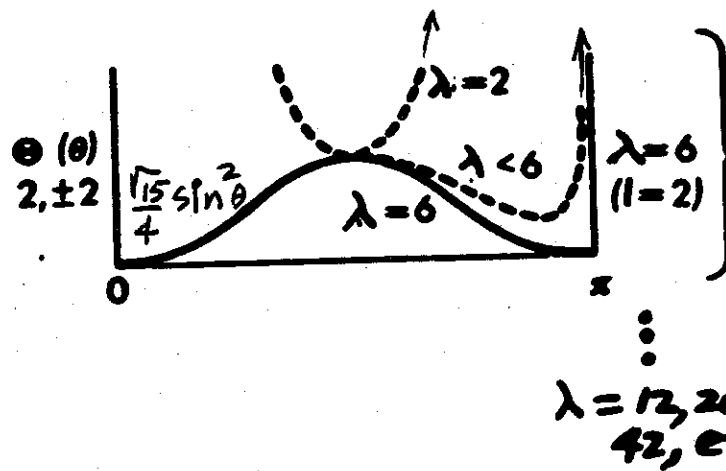


The numerical integration of the θ -dependent equation for $m=0$ and $\lambda=2$.

$$\frac{1}{\sin\theta} \frac{d}{d\theta} \left(\sin\theta \frac{d\Theta}{d\theta} \right) = -\lambda \Theta \quad (\text{for } m=0)$$



For $m = \pm 1$
 we get
 WELL-BEHAVED
 FUNCTIONS
 of θ for
 $\lambda = 2, 6, 12, \dots$
 ($\lambda < 2$ NOT
 ALLOWED)



For $m = \pm 2$
 we get
 WELL-BEHAVED
 FUNCTIONS of
 θ for
 $\lambda = 6, \dots$
 ($\lambda < 6$ NOT
 ALLOWED)

Particle on a sphere, continued:

We have found that well-behaved functions of θ can be found only for

$$m=0 \quad \lambda = 0, 2, 6, 12, 20, 30, 42, \dots$$

$$m=\pm 1 \quad \lambda = 2, 6, 12, 20, 30, 42, \dots$$

$$m=\pm 2 \quad \lambda = 6, 12, 20, 30, 42, \dots$$

⋮

It looks like

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

where $l = 0, 1, 2, 3, \dots$

Note also that

$l=0$ only goes with $m=0$ and that's all

$l=1$ only goes with $m=0, \pm 1$ only

$l=2$ only goes with $m=0, \pm 1, \pm 2$

⋮

l in general, goes with $m=0, \pm 1, \pm 2, \dots, \pm l$

The energy eigenvalues are:

$$E = \frac{l(l+1)\hbar^2}{2Mr^2}$$

$$\text{from } \lambda \equiv \frac{2Mr^2 E}{\hbar^2} = l(l+1)$$

The hamiltonian eigenfunctions are:

$$Y_{lm}(\theta, \phi) = \Theta_{lm}(\theta) \cdot \Phi_m(\phi) \rightarrow \frac{1}{\sqrt{2\pi}} e^{im\phi}$$

for a particle constrained to move on the surface of a sphere.

$$\Theta_{lm}(\theta)$$

"ASSOCIATED LEGENDRE FUNCTIONS"

l	m	
0	0	$\Theta_{00} = \frac{1}{\sqrt{2}}$
1	0	$\Theta_{10} = \frac{\sqrt{6}}{2} \cos \theta$
1	± 1	$\Theta_{11} = \frac{\sqrt{6}}{2} \sin \theta$
2	0	$\Theta_{20} = \frac{\sqrt{10}}{4} (3 \cos^2 \theta - 1)$
2	± 1	$\Theta_{21} = \frac{\sqrt{15}}{2} \sin \theta \cos \theta$
2	± 2	$\Theta_{22} = \frac{\sqrt{15}}{4} \sin^2 \theta$

Particle on a circle:

$$H_{op} = -\frac{\hbar^2}{2Mr^2} \frac{d^2}{d\phi^2}$$

EIGENFUNCTIONS $\sim e^{im\phi}$

$$\Phi_m(\phi) = \frac{1}{\sqrt{2\pi}} e^{im\phi}$$

EIGENVALUES

$$E = \frac{m^2 \hbar^2}{2Mr^2}$$

Z COMPONENT
OF ANGULAR
MOMENTUM

$$L_{z,op} = \frac{\hbar}{i} \frac{d}{d\phi}$$

Particle on a sphere:

$$H_{op} = -\frac{\hbar^2}{2Mr^2} \left\{ \frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \sin \theta \frac{\partial}{\partial \theta} + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right\} = \frac{L_{op}^2}{2Mr^2} \quad E = \frac{l(l+1)\hbar^2}{2Mr^2}$$

SQUARE
OF THE
ANGULAR
MOMENTUM

$$L_{op}^2 = -\hbar^2 \left\{ \frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \sin \theta \frac{\partial}{\partial \theta} + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right\}$$

$$l(l+1)\hbar^2$$

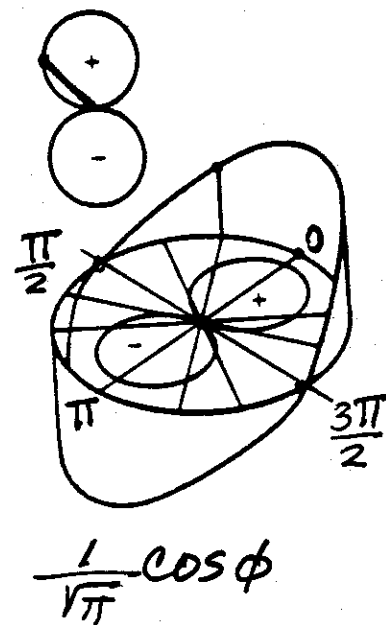
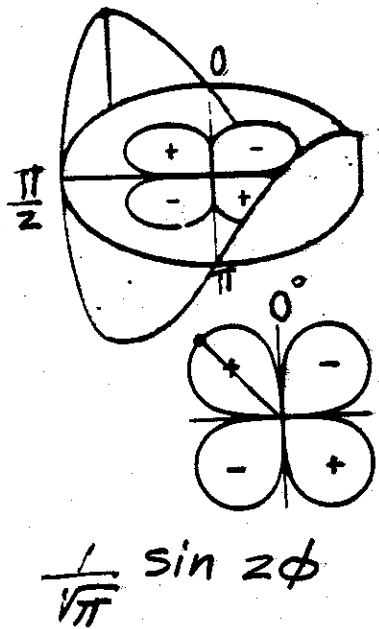
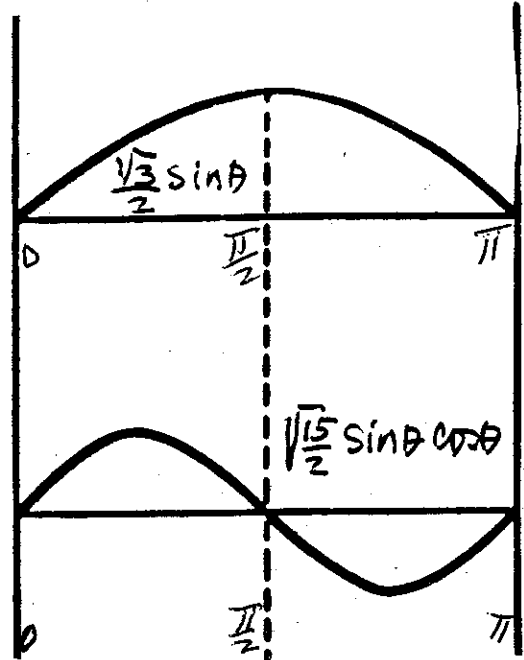
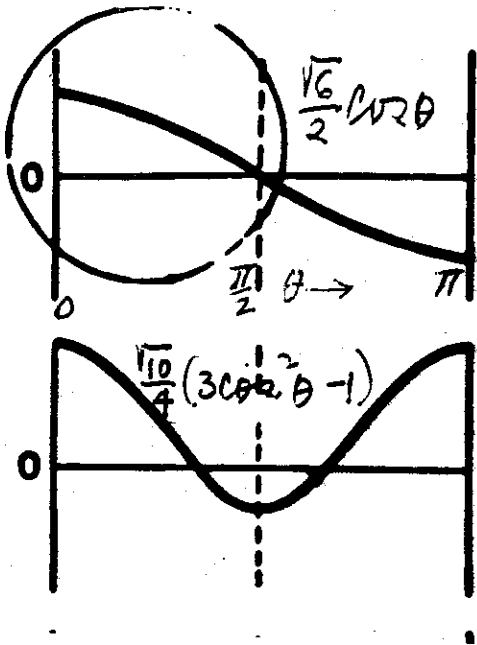
"SPHERICAL HARMONICS" $Y_{lm}(\theta, \phi) = \Theta_{lm}(\theta) \cdot \Phi_m(\phi)$

where $l = 0, 1, 2, 3, \dots$

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

THUS, WE HAVE FOUND THE EIGENFUNCTIONS + EIGENVALUES

DIFFERENT WAYS OF PLOTTING functions of an angle



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EXAMPLE: The RIGID ROTOR ; Two particles masses M_A and M_B at a fixed distance r from each other, zero potential energy

$$H_{\text{total}} = -\frac{\hbar^2}{2M_A} \nabla_A^2 - \frac{\hbar^2}{2M_B} \nabla_B^2$$

$$\text{where } \nabla_A^2 \equiv \frac{\partial^2}{\partial x_A^2} + \frac{\partial^2}{\partial y_A^2} + \frac{\partial^2}{\partial z_A^2}$$

SEPARATION OF VARIABLES will be possible if we change into the center-of-mass and relative coordinates:

$$X_{\text{CM}} M_{\text{total}} = X_A M_A + X_B M_B$$

$$Y_{\text{CM}} M_{\text{total}} = Y_A M_A + Y_B M_B$$

$$Z_{\text{CM}} M_{\text{total}} = Z_A M_A + Z_B M_B$$

$$x = x_B - x_A$$

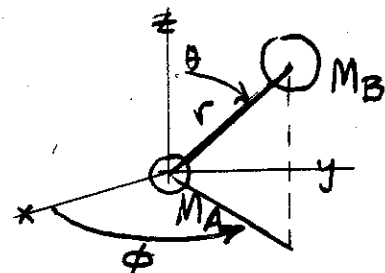
$$y = y_B - y_A$$

$$z = z_B - z_A$$

$$M_{\text{total}} = M_A + M_B$$

"REDUCED MASS" μ as in

$$\frac{1}{\mu} = \frac{1}{M_A} + \frac{1}{M_B}$$



Substitution into H_{total} leads to

$$H_{\text{total}} = \underbrace{-\frac{\hbar^2}{2M_{\text{total}}} \nabla_{\text{CM}}^2}_{\text{in coordinates of center of mass}} - \underbrace{\frac{\hbar^2}{2\mu} \nabla^2}_{\text{in } x, y, z \text{ coordinates or } r, \theta, \phi}$$

SEPARABLE as follows:

$$\frac{-\hbar^2}{2M_{\text{total}}} \left(\frac{\partial^2}{\partial X_{\text{CM}}^2} + \frac{\partial^2}{\partial Y_{\text{CM}}^2} + \frac{\partial^2}{\partial Z_{\text{CM}}^2} \right) G(X_{\text{CM}}, Y_{\text{CM}}, Z_{\text{CM}}) = E_{\text{trans}} G(X_{\text{CM}}, Y_{\text{CM}}, Z_{\text{CM}})$$

$$\frac{-\hbar^2}{2\mu} \frac{1}{r^2} \left(\frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \sin \theta \frac{\partial}{\partial \theta} + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right) Y(\theta, \phi) = E_{\text{rot}} Y(\theta, \phi)$$

∇^2 for $r = \text{constant}$

$$\boxed{E_{\text{total}} = E_{\text{transl}} + E_{\text{rot}}}$$

$$\text{or } \frac{\hbar^2}{2\mu r^2} Y(\theta, \phi) = E_{\text{rot}} Y(\theta, \phi)$$

The translational motion is already solved.
 (This is a particle in a 3-dimensional box, except that the "particle" has mass $M_{\text{total}} = M_A + M_B$)

$$G(x_{\text{cm}}, y_{\text{cm}}, z_{\text{cm}}) = \sqrt{\frac{2}{L_1}} \sin\left(\frac{n_x \pi}{L_1} x_{\text{cm}}\right) \cdot \sqrt{\frac{2}{L_2}} \sin\left(\frac{n_y \pi}{L_2} y_{\text{cm}}\right) \cdot \sqrt{\frac{2}{L_3}} \sin\left(\frac{n_z \pi}{L_3} z_{\text{cm}}\right)$$

The rotational motion of the RIGID ROTOR has also already been solved. The hamiltonian looks exactly the same as that for a particle on a sphere, except that

PARTICLE ON A SPHERE:

MOMENT OF INERTIA = $I = Mr^2$

$$H_{\text{op}} = \frac{L^2}{2I} \quad E = \frac{l(l+1)\hbar^2}{2I} \quad Y_{lm}(\theta, \phi) = \Theta_{lm}(\theta) \cdot \frac{1}{\sqrt{2\pi}} e^{im\phi}$$

RIGID ROTOR:

MOMENT OF INERTIA = $I = \mu r^2$

μ is "reduced mass", $\frac{1}{\mu} = \frac{1}{M_A} + \frac{1}{M_B}$

$$\begin{array}{c} M \\ 0, \pm 1, \pm 2, \pm 3, \dots \end{array} \quad \begin{array}{c} J \\ 1 \text{ --- } 4 \end{array} \quad E = 20 \quad H_{\text{op}} = \frac{L^2}{2I} \quad E = \frac{l(l+1)\hbar^2}{2I} \text{ except use } E = \frac{J(J+1)\hbar^2}{2I} \text{ more commonly.}$$

$$\begin{array}{c} M \\ 0, \pm 1, \pm 2, \pm 3 \end{array} \quad \begin{array}{c} J \\ 3 \text{ --- } 7 \end{array} \quad E = 12$$

$$\begin{array}{c} M \\ 0, \pm 1, \pm 2 \end{array} \quad \begin{array}{c} J \\ 2 \text{ --- } 5 \end{array} \quad E = 6$$

$$\begin{array}{c} M \\ 0, \pm 1 \\ M=0 \end{array} \quad \begin{array}{c} J \\ 1 \text{ --- } 3 \\ E=0 \end{array} \quad \frac{2\hbar^2}{2I}$$

and
$$Y_{JM}(\theta, \phi) = \Theta_{JM}(\theta) \cdot \frac{1}{\sqrt{2\pi}} e^{im\phi}$$

EIGENFUNCTIONS are the same "SPHERICAL HARMONICS" functions.
 J is called the "rotational quantum number"

Note also that

PARTICLE ON A CIRCLE:

MOMENT OF INERTIA = $I = Mr^2$

$$H_{\text{op}} = \frac{L_z^2}{2I} \quad E = \frac{m^2 \hbar^2}{2I} \quad \frac{1}{\sqrt{2\pi}} e^{im\phi}$$

The DEGENERACY of each ROTATIONAL ENERGY LEVEL is $2J+1$, that is, there are $2J+1$ states of differing M values that have the same energy, just as the DEGENERACY of each energy level of the particle on a sphere is $2l+1$.

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2.6 Raising and Lowering Operators

MORE on ANGULAR MOMENTUM:

Define the operators: (these are NOT Hermitian operators)

$$l_+ \equiv l_x + i l_y \quad \text{RAISING operator}$$

$$l_- \equiv l_x - i l_y \quad \text{LOWERING operator}$$

These operators commute with l^2 but not with l_z

$$[l_{\pm}, l^2] = 0$$

$$[l_{\pm}, l_z] = \mp \hbar l_{\pm}$$

Proof:

$$\begin{aligned} [l^2, l_+] \psi &= l^2(l_x + i l_y) \psi - (l_x + i l_y) l^2 \psi \\ &= \underbrace{(l^2 l_x - l_x l^2)}_{\text{zero}} \psi + i \underbrace{(l^2 l_y - l_y l^2)}_{\text{zero}} \psi \end{aligned}$$

$$[l^2, l_+] = 0$$

$$\begin{aligned} [l_+, l_z] \psi &= (l_x + i l_y) l_z \psi - l_z (l_x + i l_y) \psi \\ &= \underbrace{(l_x l_z - l_z l_x)}_{-i \hbar l_y} \psi + i \underbrace{(l_y l_z - l_z l_y)}_{i \hbar l_x} \psi \\ &= -\hbar (l_x + i l_y) \psi \end{aligned}$$

$$[l_+, l_z] = -\hbar l_+ \quad \text{Similarly, can show } [l_-, l_z] = +\hbar l_-$$

Note that we can write l_x and l_y in terms of these RAISING and LOWERING operators:

$$l_+ \equiv l_x + i l_y$$

$$l_- \equiv l_x - i l_y$$

$$\text{ADD: } \frac{1}{2} (l_+ + l_-) = l_x$$

SUBTRACT:

$$\frac{l_+ - l_-}{2i} = l_y$$

Example:

What is the result of applying l_+ to an eigenfunction of l_z ?

$$l_+ Y_{lm}(\theta, \phi) = ? \text{ function?}$$

Let us find out by applying the l_z operator on it:

$$l_z l_+ Y_{lm}(\theta, \phi) \stackrel{\text{using commutator}}{=} (l_+ l_z + \hbar l_+) Y_{lm}(\theta, \phi)$$

$$[l_+, l_z] = -\hbar l_+$$

$$= l_+ m \hbar Y_{lm}(\theta, \phi) + \hbar l_+ Y_{lm}(\theta, \phi)$$

$$l_z \boxed{l_+ Y_{lm}(\theta, \phi)} = (m+1)\hbar \boxed{l_+ Y_{lm}(\theta, \phi)}$$

↑ THIS is an EIGENFUNCTION of l_z
with Eigenvalue $(m+1)\hbar$

Let us find out more by applying the l^2 operator on it:

$$l^2 l_+ Y_{lm}(\theta, \phi) \stackrel{\text{THEY COMMUTE}}{=} l_+ l^2 Y_{lm}(\theta, \phi)$$

$$= l_+ l(l+1)\hbar^2 Y_{lm}(\theta, \phi)$$

$$l^2 [l_+ Y_{lm}(\theta, \phi)] = l(l+1)\hbar^2 [l_+ Y_{lm}(\theta, \phi)]$$

↑ THIS is an EIGENFUNCTION of l^2 with eigenvalue $l(l+1)\hbar^2$

Therefore,

$$l_+ Y_{lm}(\theta, \phi) = \overbrace{N_{lm}}^{\text{a constant}} Y_{l, m+1}(\theta, \phi)$$

an EIGENFUNCTION of l^2 with eigenvalue $l(l+1)\hbar^2$
 an EIGENFUNCTION of l_z with eigenvalue $(m+1)\hbar$

Example:

What is the result of applying l_- to an eigenfunction of l_z ?

$$l_- Y_{lm}(\theta, \phi) = \text{what function?}$$

Let us find out by applying the l_z operator:

$$l_z l_- Y_{lm}(\theta, \phi) \stackrel{\text{using commutator}}{=} (l_- l_z - \hbar l_-) Y_{lm}(\theta, \phi)$$

$$[l_-, l_z] = \hbar l_-$$

$$\downarrow$$

$$l_- m \hbar Y_{lm} - \hbar l_- Y_{lm}$$

$$l_z \boxed{l_- Y_{lm}(\theta, \phi)} = (m-1)\hbar \boxed{l_- Y_{lm}(\theta, \phi)}$$

↑ This is an EIGENFUNCTION of l_z
with eigenvalue $(m-1)\hbar$

Also,

$$l^2 l_- Y_{lm}(\theta, \phi) \stackrel{\text{they commute}}{=} l_- l^2 Y_{lm}(\theta, \phi) = l_- l(l+1)\hbar^2 Y_{lm}(\theta, \phi)$$

$$l^2 \boxed{l_- Y_{lm}(\theta, \phi)} = l(l+1)\hbar^2 \boxed{l_- Y_{lm}(\theta, \phi)}$$

↑ This is an EIGENFUNCTION of l^2
with eigenvalue $l(l+1)\hbar^2$

Therefore,

$$l_- Y_{lm}(\theta, \phi) = \underbrace{N_{lm}}_{\text{a constant}} Y_{lm-1}(\theta, \phi)$$

an EIGENFUNCTION of l^2
with eigenvalue $l(l+1)\hbar^2$

an EIGENFUNCTION of l_z
with eigenvalue $(m-1)\hbar$

Example :

What is the result of applying $l_- l_+$ to an eigenfunction of l_z ?

$$\begin{aligned} l_- l_+ &= (l_x - i l_y)(l_x + i l_y) = \\ &= \underbrace{l_x^2 + l_y^2} + \underbrace{i l_x l_y - i l_y l_x} \\ &= l^2 - l_z^2 + i [l_x, l_y] \\ &\quad \quad \quad i\hbar l_z \end{aligned}$$

$$l_- l_+ = l^2 - l_z^2 - \hbar l_z$$

$$\begin{aligned} \text{Therefore, } \int Y_{lm}^* l_- l_+ Y_{lm} d\tau &= l(l+1)\hbar^2 - m^2\hbar^2 - m\hbar^2 \\ &= [l(l+1) - m(m+1)]\hbar^2 \end{aligned}$$

Now relate this to the constants N_{lm}^+ and N_{lm}^- :

$$\begin{aligned} \int Y_{lm}^* \underline{l_-} Y_{lm} d\tau &= \int Y_{lm}^* \underline{l_-} (N_{lm}^+ Y_{lm+1}) d\tau \\ &= N_{lm}^+ \int Y_{lm}^* \underline{l_-} Y_{lm+1} d\tau = N_{lm}^+ \int Y_{lm}^* N_{lm+1}^- Y_{lm} d\tau \\ [l(l+1) - m(m+1)] \hbar^2 &= N_{lm}^+ N_{lm+1}^- \end{aligned}$$

Question: What are these constants N_{lm}^+ and N_{lm}^- ?
We need one more relationship, which we can get as follows:

Consider the integral

$$\int Y_{lm}^* \underline{l_-} Y_{lm+1} d\tau = N_{lm+1}^- \int Y_{lm}^* Y_{lm} d\tau = N_{lm+1}^-$$

$$\Downarrow \quad \underline{l_-} = l_x - i l_y$$

$$\int Y_{lm}^* l_x Y_{lm+1} d\tau - i \int Y_{lm}^* l_y Y_{lm+1} d\tau$$

$\downarrow$ Hermitian operator

$\downarrow$ Hermitian operator

$$\left(\int Y_{lm+1}^* l_x Y_{lm} d\tau \right)^* - i \left(\int Y_{lm+1}^* l_y Y_{lm} d\tau \right)^*$$

$$\left(\int Y_{lm+1}^* l_x Y_{lm} d\tau + i \int Y_{lm+1}^* l_y Y_{lm} d\tau \right)^*$$

$$\left(\int Y_{lm+1}^* (l_x + i l_y) Y_{lm} d\tau \right)^*$$

$$\left(\int Y_{lm+1}^* \underline{l_+} Y_{lm} d\tau \right)^*$$

$$\left(\int Y_{lm+1}^* N_{lm}^+ Y_{lm+1} d\tau \right)^*$$

$$(N_{lm}^+)^*$$

$$= N_{lm+1}^-$$

Finally, we combine the two relationships that we have found:

$$\left. \begin{aligned} [l(l+1) - m(m+1)] \hbar^2 &= N_{lm}^+ N_{lm+1}^- \\ (N_{lm}^+)^* &= N_{lm+1}^- \end{aligned} \right\}$$

to get:

$$[l(l+1) - m(m+1)] \hbar^2 = N_{lm}^+ (N_{lm}^+)^*$$

$$\text{or } N_{lm}^+ = \sqrt{l(l+1) - m(m+1)} \hbar$$

$$\text{and } [l(l+1) - m(m+1)] \hbar^2 = (N_{lm+1}^-)^* N_{lm+1}^-$$

from which we get, upon $m' = m+1$

$$[l(l+1) - (m'-1)m'] \hbar^2 = (N_{lm'}^-)^* N_{lm'}^-$$

$$\text{or } N_{lm}^- = \sqrt{l(l+1) - m(m-1)} \hbar$$

Summarizing:

$$N_{lm}^\pm = \sqrt{l(l+1) - m(m \pm 1)} \hbar$$

$$l_\pm Y_{lm} = \sqrt{l(l+1) - m(m \pm 1)} \hbar Y_{l, m \pm 1}$$

FIND ANY ONE EIGEN-FUNCTION of l_z , FIND ALL OTHERS by $l_\pm$

Note that if we apply the STEP DOWN op. to the function with the lowest eigenvalue of l_z , we get $[l(l+1) - (-l)(-l-1)]^{\frac{1}{2}} \dots = \text{ZERO}$

Similarly, if we apply the STEP UP op. to the function with the highest eigenvalue of l_z , we get $[l(l+1) - l(l+1)]^{\frac{1}{2}} \dots = \text{ZERO}$

$$l_+ Y_{ll} \xrightarrow{\text{we get}} [l(l+1) - l(l+1)]^{\frac{1}{2}} \dots = \text{ZERO}$$

IN GENERAL, for any ANGULAR MOMENTUM
whether or not it has a classical counterpart,

- We can denote the EIGENFUNCTIONS by specifying the quantum numbers associated with the SQUARE of the ANGULAR MOMENTUM and with the Z-COMPONENT of the ANGULAR MOMENTUM

$$|j, m_j\rangle$$

- The EIGENVALUES are given by Postulate 2 :

$$\mathbf{J}^2 |j, m_j\rangle = j(j+1)\hbar^2 |j, m_j\rangle$$

$$J_z |j, m_j\rangle = m_j \hbar |j, m_j\rangle$$

- The LADDER OPERATORS are: (not Hermitian operators)

$$J_+ \equiv J_x + i J_y$$

$$J_- \equiv J_x - i J_y$$

such that

$$\underbrace{\langle j, m_j \pm 1 |}_{\text{BRA}} \underbrace{J_{\pm} | j, m_j \rangle}_{\text{KET}} = \left[j(j+1) - m_j(m_j \pm 1) \right]^{\frac{1}{2}} \hbar$$

- The COMMUTATION RULES are:

$$[J^2, J_x] = 0$$

THIS ASSURES THAT THE LADDER OF m_j VALUES RUNS IN UNIT STEPS $\uparrow$ from the TOP RUNG at $m_j = j$ DOWN to the BOTTOM RUNG at $m_j = -j$ and others

$$[J_x, J_y] = i\hbar J_z \quad \text{and others in cyclic order}$$

$$[J_{\pm}, J^2] = 0$$

$$[J_{\pm}, J_z] = \mp \hbar J_{\pm}$$

- In other words, if the 3 components of an OBSERVABLE are represented by OPERATORS which satisfy the commutation relations:

$$[J^2, J_x] = 0 \quad [J^2, J_y] = 0 \quad [J^2, J_z] = 0$$

$$[J_x, J_y] = i\hbar J_z \quad \text{and others in cyclic order}$$

then that OBSERVABLE is an ANGULAR MOMENTUM.

As a CONSEQUENCE of the above COMMUTATION RULES and the Hermitian property of the above operators, then IT FOLLOWS THAT:

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

and

$$J_z |j, m_j\rangle = m_j \hbar |j, m_j\rangle$$

and

$$\langle j, m_j \pm 1 | J_{\pm} | j, m_j \rangle = [j(j+1) - m_j(m_j \pm 1)]^{\frac{1}{2}} \hbar$$

in which

$$J_{\pm} \equiv J_x \pm i J_y$$

which guarantees that the ladder of m_j values runs in UNIT STEPS from the top rung at $m_j = j$ down to the bottom rung at $m_j = -j$