

Recitation #3 Solutions

①  $a_0 = \frac{\hbar}{\alpha m c}$  ;  $a_0^{e^{i\theta}} = 2a_0$

②  $|\langle L_z \rangle| = m\hbar$

$$L_x = \frac{1}{2} (\hat{L}_+ + \hat{L}_-) \quad L_y = \frac{1}{2i} (\hat{L}_+ - \hat{L}_-)$$

$$\langle L_x \rangle = 0 = \langle L_y \rangle$$

$$\langle \hat{L}_x^2 \rangle = \left\langle \left[ \frac{1}{4} (\hat{L}_+^2 + \hat{L}_+ \hat{L}_- + \hat{L}_- \hat{L}_+ + \hat{L}_-^2) \right] \right\rangle$$

$$= \frac{1}{4} \langle \hat{L}_+ \hat{L}_- \rangle + \frac{1}{4} \langle \hat{L}_- \hat{L}_+ \rangle$$

$$\begin{aligned} \hat{L}_+ \hat{L}_- |l, m\rangle &= \hbar \sqrt{l(l+1) - m(m-1)} \hat{L}_+ |l, m-1\rangle \\ &= \hbar^2 (l(l+1) - m(m-1)) |l, m\rangle \end{aligned}$$

$$\begin{aligned} \hat{L}_- \hat{L}_+ |l, m\rangle &= \hbar \sqrt{l(l+1) - m(m+1)} \hat{L}_- |l, m+1\rangle \\ &= \hbar^2 (l(l+1) - m(m+1)) |l, m\rangle \end{aligned}$$

$$\langle \hat{L}_x^2 \rangle = \frac{\hbar^2}{4} [2l(l+1) - 2m^2] = \frac{\hbar^2}{2} (l(l+1) - m^2)$$

$$\langle \hat{L}_y^2 \rangle = +\frac{1}{4} \langle \hat{L}_- \hat{L}_+ \rangle + \frac{1}{4} \langle \hat{L}_+ \hat{L}_- \rangle = \langle \hat{L}_x^2 \rangle$$

$$\Delta L_x \Delta L_y = \frac{\hbar^2}{2} [l(l+1) - m^2] \leq \frac{l\hbar^2}{2}$$

so  $\frac{l\hbar^2}{2} \stackrel{?}{\leq} m \frac{\hbar^2}{2}$  ✓

### (3) Ehrenfest's theorem

$$\frac{d}{dt} \langle \vec{L} \rangle = \frac{i}{\hbar} \langle [H, \vec{L}] \rangle$$

$$\hat{H} = \frac{\hat{p}^2}{2m} + V \quad \vec{L} = \vec{r} \times \vec{p}$$

identity  $[\hat{a} + \hat{b}, \hat{c}] = [\hat{a}, \hat{c}] + [\hat{b}, \hat{c}]$

$$[H, \vec{L}] = \frac{1}{2m} [\hat{p}^2, \vec{L}] + [V, \vec{L}]$$

$$[\hat{p}^2, L_i] = \left[ \hat{p}^2, \sum_{j,k} \epsilon_{ijk} x_j p_k \right]$$

$$= \sum_{j,k} \epsilon_{ijk} [\hat{p}^2, x_j p_k]$$

$$= \sum_{j,k} \epsilon_{ijk} (\hat{p}^2 x_j p_k - x_j p_k \hat{p}^2)$$

since  $[\hat{p}^2, p_k] = 0$ ,  $= \sum_{j,k} \epsilon_{ijk} [\hat{p}^2, x_j] p_k$

we proved  $[\hat{p}^2, x_j] = -i\hbar \left( \frac{\partial \hat{p}^2}{\partial p_j} \right)$

so  $[\hat{p}^2, x_j] = -2i\hbar p_j$

$$[\hat{p}^2, L_i] = -2i\hbar \sum_{j,k} \epsilon_{ijk} p_j p_k = 0$$

second commutator

$$\begin{aligned} [V, \hat{L}_i] &= [V, (\vec{r} \times \vec{p})_i] = \sum_{jk} \epsilon_{ijk} [V, x_j p_k] \\ &= \sum_{jk} \epsilon_{ijk} x_j [V, p_k] \\ &= -\frac{\hbar}{i} \sum_{jk} \epsilon_{ijk} x_j \nabla_k V = -\frac{\hbar}{i} (\vec{r} \times \vec{\nabla} V)_i \end{aligned}$$

finally

$$\frac{d}{dt} \langle \vec{L} \rangle = \langle \vec{r} \times (-\vec{\nabla} V) \rangle = \langle \vec{N} \rangle$$

$$(4) \quad \hat{H} = \frac{1}{2I_1} (\hat{L}_x^2 + \hat{L}_y^2) + \frac{1}{2I_3} \hat{L}_z^2$$

where z-direction is symmetry axis of  $NH_3$

$$\hat{H} = \frac{1}{2I_1} (\hat{L}_x^2 + \hat{L}_y^2) + \frac{1}{2I_3} \hat{L}_z^2$$

$$\text{so } [\hat{H}, \hat{L}_z] = 0, [\hat{H}, \hat{L}^2] = 0$$

$$\hat{H} |l, m\rangle = \frac{\hbar^2}{2} \left[ \frac{l(l+1) - m^2}{I_1} + \frac{m^2}{I_3} \right] |l, m\rangle$$