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A system of two particles each with spin $1/2$ is described by the Hamiltonian

$$H = A(S_{1z} + S_{2z}) + B \mathbf{S}_1 \cdot \mathbf{S}_2$$

Find all the energy levels of the Hamiltonian.

$$S = S_1 + S_2 \Rightarrow S^2 = S_1^2 + S_2^2 + 2S_1 \cdot S_2 \Rightarrow S_1 \cdot S_2 = \frac{1}{2}(S^2 - S_1^2 - S_2^2)$$

making the substitution for $S_1 \cdot S_2$ in our Hamiltonian, we get

$$H = AS_z + \frac{B}{2}(S^2 - S_1^2 - S_2^2)$$

where $S_z = S_{1z} + S_{2z}$

The possible values of S are $|S_1 - S_2| \leq S \leq |S_1 + S_2| \Rightarrow 0 \leq S \leq 1$.

So, S can be either 0 or 1.

Now, since $S_1 = \frac{1}{2}$ and $S_2 = \frac{1}{2}$ ($\hbar = 1$), the Hamiltonian is

$$H = AS_z + B\left(\frac{S^2}{2} - \frac{3}{4}\right)$$

where we used $S_i^2 = S_i(S_i + 1)$. Also note $S_z |m_z\rangle = m_z |m_z\rangle$

$S=0$

we have the singlet state $\frac{|\uparrow\downarrow\rangle - |\downarrow\uparrow\rangle}{\sqrt{2}}$

$$\Rightarrow \frac{1}{\sqrt{2}} \left(\frac{AS_z |\uparrow\downarrow\rangle - AS_z |\downarrow\uparrow\rangle}{\sqrt{2}} + \frac{B\left(\frac{S^2}{2} - \frac{3}{4}\right) |\uparrow\downarrow\rangle - B\left(\frac{S^2}{2} - \frac{3}{4}\right) |\downarrow\uparrow\rangle}{\sqrt{2}} \right) \Bigg|_{S=0}$$

note $S_z |\uparrow\downarrow\rangle = (+0 - 0) |\uparrow\downarrow\rangle = 0$ and same for $S_z |\downarrow\uparrow\rangle$

\Rightarrow

$$E_{00} = \left(\frac{\langle \uparrow\downarrow | - \langle \downarrow\uparrow |}{\sqrt{2}} \right) H \left(\frac{|\uparrow\downarrow\rangle - |\downarrow\uparrow\rangle}{\sqrt{2}} \right) = \frac{1}{2} \left(\frac{-3B}{4} - \frac{3B}{4} \right)$$

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\Rightarrow

$$E_{00} = -\frac{3B}{4}$$

$S=1$

triplet states

$$|\uparrow\uparrow\rangle \Rightarrow E_{11} = \left[A\left(\frac{1}{2} + \frac{1}{2}\right) + B\left(\frac{2}{2} - \frac{3}{4}\right) \right]$$

$$\Rightarrow E_{11} = A + \frac{B}{4}$$

$$\frac{|\uparrow\downarrow\rangle + |\downarrow\uparrow\rangle}{\sqrt{2}} \Rightarrow E_{10} = \frac{1}{2} \left[A \cdot 0 + B\left(\frac{2}{2} - \frac{3}{4}\right) \right]$$

$$\Rightarrow E_{10} = \frac{B}{4}$$

$$|\downarrow\downarrow\rangle \Rightarrow E_{1,-1} = \left[A\left(-\frac{1}{2} - \frac{1}{2}\right) + B\left(\frac{1}{4}\right) \right]$$

$$\Rightarrow E_{1,-1} = -A + \frac{B}{4}$$