

Consider a spin $\frac{1}{2}$ particle. Show that in the space of the states of a given orbital angular momentum l , the operators

$$\Lambda_+ = \frac{l+1+\vec{L}\cdot\vec{S}}{2l+1}$$

$$\Lambda_- = \frac{l-\vec{L}\cdot\vec{S}}{2l+1}$$

are projection operators onto the states of total angular momentum $j=l+\frac{1}{2}$ and $j=l-\frac{1}{2}$ respectively.

→ Note that $\vec{J} = \vec{L} + \vec{S}$

$$\text{Thus } J^2 = (\vec{L} + \vec{S}) \cdot (\vec{L} + \vec{S})$$

$$J^2 = L^2 + 2\vec{L}\cdot\vec{S} + S^2$$

$$\text{recall } \vec{S} = \frac{\hbar}{2}\vec{\sigma} = \frac{S}{2} \quad (\hbar=1)$$

$$J^2 = L^2 + \vec{L}\cdot\vec{\sigma} + S^2$$

thus

$$\vec{L}\cdot\vec{\sigma} = J^2 - L^2 - S^2$$

Let Λ_+ act on $|j=l+\frac{1}{2}\rangle$

$$\Lambda_+ |j=l+\frac{1}{2}\rangle = \frac{l+1+\vec{L}\cdot\vec{\sigma}}{2l+1} |j=l+\frac{1}{2}\rangle$$

$$= \frac{l+1+(l+\frac{1}{2})(l+\frac{3}{2})-l(l+1)-\frac{3}{4}}{2l+1} |j=l+\frac{1}{2}\rangle$$

$$= \frac{l+1+l^2+2l+\frac{3}{4}-l^2-l-\frac{3}{4}}{2l+1} |j=l+\frac{1}{2}\rangle$$

$$\Lambda_+ |j=l+\frac{1}{2}\rangle = |j=l+\frac{1}{2}\rangle$$

let Λ_+ act on $|j=l-\frac{1}{2}\rangle$

$$\Lambda_+ |j=l-\frac{1}{2}\rangle = \frac{l+1+\vec{L}\cdot\vec{\sigma}}{2l+1} |j=l-\frac{1}{2}\rangle$$

$$= \frac{l+1+(l-\frac{1}{2})(l+\frac{1}{2})-l(l+1)-\frac{3}{4}}{2l+1} |j=l-\frac{1}{2}\rangle$$

$$= \frac{l+1+l^2-\frac{1}{4}-l^2-l-\frac{3}{4}}{2l+1} |j=l-\frac{1}{2}\rangle$$

$$= 0 |j=l-\frac{1}{2}\rangle$$

$$\text{thus } \Lambda_+ |j=l+\frac{1}{2}\rangle = |j=l+\frac{1}{2}\rangle$$

$$\Lambda_+ |j=l-\frac{1}{2}\rangle = 0$$

So Λ_+ acts as a projection operator on state $|j=l+\frac{1}{2}\rangle$

Let Λ_- act on $|j=l+\frac{1}{2}\rangle$

$$\Lambda_- |j=l+\frac{1}{2}\rangle = \frac{l - \sqrt{l(l+1)}}{2l+1} |j=l+\frac{1}{2}\rangle$$

$$= \frac{l - (l+\frac{1}{2})(l+\frac{3}{2}) + l(l+1) + \frac{3}{4}}{2l+1} |j=l+\frac{1}{2}\rangle$$

$$= \frac{l - l^2 - 2l - \frac{3}{4} + l^2 + l + \frac{3}{4}}{2l+1} |j=l+\frac{1}{2}\rangle$$

$$\Lambda_- |j=l+\frac{1}{2}\rangle = 0$$

Let Λ_- act on $|j=l-\frac{1}{2}\rangle$

$$\Lambda_- |j=l-\frac{1}{2}\rangle = \frac{l - (l-\frac{1}{2})(l+\frac{1}{2}) + l(l+1) + \frac{3}{4}}{2l+1} |j=l-\frac{1}{2}\rangle$$

$$= \frac{l - l^2 + \frac{1}{4} + l^2 + l + \frac{3}{4}}{2l+1} |j=l-\frac{1}{2}\rangle$$

$$\Lambda_- |j=l-\frac{1}{2}\rangle = |j=l-\frac{1}{2}\rangle$$

$$\text{Thus } \Lambda_- |j=l+\frac{1}{2}\rangle = 0$$

$$\Lambda_- |j=l-\frac{1}{2}\rangle = |j=l-\frac{1}{2}\rangle$$

So Λ_- acts as a projection operator on $|j=l-\frac{1}{2}\rangle$