
Moderne Theoretische Physik I

Grundlagen der Quantenmechanik

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Exercise Sheet 9

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The problems whose solutions you need to upload are designated with stars.

★ Problem 1 ★ Particle in an electromagnetic field

In the presence of an external classical electromagnetic field, the Hamiltonian describing a charged particle is

$$\hat{H}(t) = \frac{[\hat{\mathbf{p}} - q\mathbf{A}(\mathbf{r}, t)]^2}{2m} + q\varphi(\mathbf{r}, t) + V(\mathbf{r}), \quad (1)$$

where $\hat{\mathbf{p}} = -i\hbar\nabla$, q is the charge, and φ and $\mathbf{A}$ are the scalar and vector potentials. We're in 3D and we shall use the position representation and SI units. Because we are treating the electromagnetic field classically, φ and $\mathbf{A}$ are real numbers, rather than operators, and their space and time-dependence is imposed externally.

1. If you are given a solution of the Schrödinger equation

$$i\hbar\partial_t\Psi(\mathbf{r}, t) = \hat{H}\Psi(\mathbf{r}, t), \quad (2)$$

what Schrödinger equation does the wavefunction $\Psi'(\mathbf{r}, t) = e^{-iq\lambda(\mathbf{r}, t)/\hbar}\Psi(\mathbf{r}, t)$ satisfy? Absorb the changes into redefinitions of $\mathbf{A}$ and φ . What does this transformation from $(\Psi, \mathbf{A}, \varphi)$ to $(\Psi', \mathbf{A}', \varphi')$ represent physically?

2. Find the charge current $\mathbf{j}(\mathbf{r}, t)$ that enters the charge conservation law

$$\partial_t\rho(\mathbf{r}, t) + \nabla \cdot \mathbf{j}(\mathbf{r}, t) = 0, \quad (3)$$

where $\rho(\mathbf{r}, t) = q|\Psi(\mathbf{r}, t)|^2$.

3. How do $\rho(\mathbf{r}, t)$ and $\mathbf{j}(\mathbf{r}, t)$ transform under the transformation of part 1 of this problem?

Solution 1

1. Let us rewrite the Schrödinger equation in the following form

$$\left\{ [-i\hbar\partial_t + q\varphi(\mathbf{r}, t)] + \frac{[-i\hbar\nabla - q\mathbf{A}(\mathbf{r}, t)]^2}{2m} + V(\mathbf{r}) \right\} \Psi(\mathbf{r}, t) = 0.$$

The key identity is:

$$e^{-if(\mathbf{r}, t)/\hbar}(-i\hbar\partial_\mu)e^{if(\mathbf{r}, t)/\hbar} = -i\hbar\partial_\mu + [\partial_\mu f(\mathbf{r}, t)].$$

Hence once we multiply the initial Schrödinger equation with $e^{-iq\lambda(\mathbf{r},t)/\hbar}$ from the left

$$e^{-iq\lambda(\mathbf{r},t)/\hbar} \left\{ [-i\hbar\partial_t + q\varphi(\mathbf{r},t)] + \frac{[-i\hbar\mathbf{\nabla} - q\mathbf{A}(\mathbf{r},t)]^2}{2m} + V(\mathbf{r}) \right\} e^{iq\lambda(\mathbf{r},t)/\hbar} \Psi'(\mathbf{r},t) = 0$$

it becomes

$$\left\{ [-i\hbar\partial_t + q\varphi'(\mathbf{r},t)] + \frac{[-i\hbar\mathbf{\nabla} - q\mathbf{A}'(\mathbf{r},t)]^2}{2m} + V(\mathbf{r}) \right\} \Psi'(\mathbf{r},t) = 0$$

with

$$\begin{aligned} \Psi'(\mathbf{r},t) &= e^{-iq\lambda(\mathbf{r},t)/\hbar} \Psi(\mathbf{r},t), \\ \varphi'(\mathbf{r},t) &= \varphi(\mathbf{r},t) + \partial_t \lambda(\mathbf{r},t), \\ \mathbf{A}'(\mathbf{r},t) &= \mathbf{A}(\mathbf{r},t) - \mathbf{\nabla} \lambda(\mathbf{r},t). \end{aligned}$$

Physically, this is a gauge transformation. Thus in quantum mechanics, gauge transforming the scalar and vector potentials needs to be accompanied with a change in the phase of the wavefunction.

2. The charge conservation law is derived in the same way as in the neutral case. We take the Schrödinger equation for Ψ and its adjoint

$$\begin{aligned} &\left\{ [-i\hbar\vec{\partial}_t + q\varphi(\mathbf{r},t)] + \frac{[-i\hbar\vec{\nabla} - q\mathbf{A}(\mathbf{r},t)]^2}{2m} + V(\mathbf{r}) \right\} \Psi(\mathbf{r},t) = 0, \\ &\Psi^\dagger(\mathbf{r},t) \left\{ [+i\hbar\overleftarrow{\partial}_t + q\varphi(\mathbf{r},t)] + \frac{[+i\hbar\overleftarrow{\nabla} - q\mathbf{A}(\mathbf{r},t)]^2}{2m} + V(\mathbf{r}) \right\} = 0, \end{aligned}$$

contract them with $\Psi^\dagger$ and Ψ , respectively,

$$\begin{aligned} &\Psi^\dagger(\mathbf{r},t) \left\{ [-i\hbar\vec{\partial}_t + q\varphi(\mathbf{r},t)] + \frac{[-i\hbar\vec{\nabla} - q\mathbf{A}(\mathbf{r},t)]^2}{2m} + V(\mathbf{r}) \right\} \Psi(\mathbf{r},t) = 0, \\ &\Psi^\dagger(\mathbf{r},t) \left\{ [+i\hbar\overleftarrow{\partial}_t + q\varphi(\mathbf{r},t)] + \frac{[+i\hbar\overleftarrow{\nabla} - q\mathbf{A}(\mathbf{r},t)]^2}{2m} + V(\mathbf{r}) \right\} \Psi(\mathbf{r},t) = 0, \end{aligned}$$

and subtract to get:

$$\begin{aligned} &\Psi^\dagger(\mathbf{r},t) \left\{ [-i\hbar\vec{\partial}_t + q\varphi(\mathbf{r},t)] - [+i\hbar\overleftarrow{\partial}_t + q\varphi(\mathbf{r},t)] \right. \\ &\quad \left. + \frac{[-i\hbar\vec{\nabla} - q\mathbf{A}(\mathbf{r},t)]^2}{2m} + V(\mathbf{r}) - \frac{[+i\hbar\overleftarrow{\nabla} - q\mathbf{A}(\mathbf{r},t)]^2}{2m} - V(\mathbf{r}) \right\} \Psi(\mathbf{r},t) = 0. \end{aligned}$$

The φ and V terms cancel, as do some of the additional terms that have $\mathbf{A}$ after writing out the latter terms. The final result is

$$-i\frac{\hbar}{q}\partial_t \rho(\mathbf{r},t) - i\frac{\hbar}{q}\mathbf{\nabla} \cdot \mathbf{j}(\mathbf{r},t) = 0,$$

that is

$$\partial_t \rho(\mathbf{r},t) + \mathbf{\nabla} \cdot \mathbf{j}(\mathbf{r},t) = 0$$

with

$$\begin{aligned}\rho(\mathbf{r}, t) &= q |\Psi(\mathbf{r}, t)|^2, \\ \mathbf{j}(\mathbf{r}, t) &= \frac{q}{m} \Psi^\dagger(\mathbf{r}, t) \left[-i\hbar \frac{1}{2} (\vec{\nabla} - \overleftarrow{\nabla}) - q\mathbf{A}(\mathbf{r}, t) \right] \Psi(\mathbf{r}, t).\end{aligned}$$

3. ρ is obviously invariant because the absolute values does not change under phase rotations. For $\mathbf{j}$ we use the same trick from before to show that

$$\begin{aligned}\mathbf{j}(\mathbf{r}, t) &= \frac{1}{m} \Psi^\dagger(\mathbf{r}, t) \left[-i\hbar \frac{1}{2} (\vec{\nabla} - \overleftarrow{\nabla}) - q\mathbf{A}(\mathbf{r}, t) \right] \Psi(\mathbf{r}, t) \\ &= \frac{1}{m} \Psi'^\dagger(\mathbf{r}, t) \left[-i\hbar \frac{1}{2} (\vec{\nabla} - \overleftarrow{\nabla}) - q\mathbf{A}'(\mathbf{r}, t) \right] \Psi'(\mathbf{r}, t)\end{aligned}$$

with $\Psi'(\mathbf{r}, t) = e^{-iq\lambda(\mathbf{r}, t)/\hbar} \Psi(\mathbf{r}, t)$ and $\mathbf{A}'(\mathbf{r}, t) = \mathbf{A}(\mathbf{r}, t) - \nabla\lambda(\mathbf{r}, t)$, is also invariant. Thus ρ and $\mathbf{j}$ are gauge invariant, as they must be since they are physically measurable quantities just like, e.g., the electric field.

★ Problem 2 ★ Spin precession

Consider a spin- $\frac{1}{2}$ particle coupled to the magnetic field:

$$\hat{H} = -\hat{\boldsymbol{\mu}} \cdot \mathbf{B} = -(\hat{\mu}_x B_x + \hat{\mu}_y B_y + \hat{\mu}_z B_z), \quad (4)$$

where $\hat{\boldsymbol{\mu}} = -\gamma \hat{\mathbf{S}}$ is the magnetic dipole moment, γ is the gyromagnetic ratio, $\hat{\mathbf{S}} = \frac{\hbar}{2} \hat{\boldsymbol{\sigma}}$ is a vector of spin operators, and $\mathbf{B}$ is the magnetic field. (Note that $\hat{\boldsymbol{\sigma}} = (\sigma_x, \sigma_y, \sigma_z) \equiv \hat{\mathbf{x}}\sigma_x + \hat{\mathbf{y}}\sigma_y + \hat{\mathbf{z}}\sigma_z$ is a convenient shorthand for a vector whose components are operators, in this case 2×2 Pauli matrices, similarly to how the momentum $\hat{\mathbf{p}} = (\hat{p}_x, \hat{p}_y, \hat{p}_z) \equiv \hat{\mathbf{x}}\hat{p}_x + \hat{\mathbf{y}}\hat{p}_y + \hat{\mathbf{z}}\hat{p}_z$ is vector composed of differentiation operators.)

1. Diagonalize this Hamiltonian for an arbitrary magnetic field $\mathbf{B} = B_0 \hat{\mathbf{n}}$, where $\hat{\mathbf{n}} = (\sin \theta \cos \phi, \sin \theta \sin \phi, \cos \theta)$ is a unit vector whose direction is oriented along an arbitrary direction.
2. Write down the Ehrenfest equation for the spin expectation value $\langle \hat{\mathbf{S}}(t) \rangle$.
3. If $\mathbf{B} = B_0 \hat{\mathbf{z}}$ points along z , and $\langle \hat{\mathbf{S}}(t=0) \rangle = \frac{\hbar}{2} \hat{\mathbf{x}}$, find $\langle \hat{\mathbf{S}}(t) \rangle$ by solving the Ehrenfest equation.
4. Now assume that $\mathbf{B} = B_0 \hat{\mathbf{z}}$ and that the wavefunction initially equals $|\Psi(t=0)\rangle = \frac{1}{\sqrt{2}}(|\uparrow\rangle + |\downarrow\rangle)$. Calculate $|\Psi(t)\rangle$ by solving the Schrödinger equations and then calculate $\langle \Psi(t) | \hat{\mathbf{S}} | \Psi(t) \rangle$. Compare with the previous part of this problem.

Solution 2

1. The Hamiltonian equals

$$\hat{H} = \frac{\gamma \hbar B_0}{2} \hat{\mathbf{n}} \cdot \hat{\boldsymbol{\sigma}} = \frac{\gamma \hbar B_0}{2} \begin{pmatrix} \cos \theta & \sin \theta e^{-i\phi} \\ \sin \theta e^{i\phi} & -\cos \theta \end{pmatrix},$$

and it is diagonalized in the usual way to obtain:

$$\begin{aligned}|\hat{\mathbf{n}}, +\rangle &= \begin{pmatrix} \cos \frac{\theta}{2} \\ \sin \frac{\theta}{2} e^{i\phi} \end{pmatrix}, & E_+ &= +\frac{\gamma \hbar B_0}{2}, \\ |\hat{\mathbf{n}}, -\rangle &= \begin{pmatrix} \sin \frac{\theta}{2} \\ -\cos \frac{\theta}{2} e^{i\phi} \end{pmatrix}, & E_- &= -\frac{\gamma \hbar B_0}{2}.\end{aligned}$$

2. Since $[\hat{S}_i, \hat{S}_j] = i\hbar \sum_k \epsilon_{ijk} \hat{S}_k$, it follows that

$$\begin{aligned} i\hbar \partial_t \langle \hat{S}_i \rangle &= \langle [\hat{S}_i, \hat{H}] \rangle = \sum_j \gamma B_j \langle [\hat{S}_i, \hat{S}_j] \rangle \\ &= \sum_{jk} \gamma B_j i\hbar \epsilon_{ijk} \langle \hat{S}_k \rangle, \\ \partial_t \langle \hat{S}_i \rangle &= \gamma \sum_{jk} \epsilon_{ijk} B_j \langle \hat{S}_k \rangle, \end{aligned}$$

or more compactly in vector notation

$$\partial_t \langle \hat{\mathbf{S}} \rangle = \gamma \mathbf{B} \times \langle \hat{\mathbf{S}} \rangle.$$

3. The Ehrenfest equation we wrote down is nothing but the equation for the precession of a vector rotating with the angular frequency $\boldsymbol{\omega} = \gamma \mathbf{B}$, known as the Larmor frequency. The solution to this problem is known from classical mechanics. In the particular case of the problem:

$$\langle \hat{\mathbf{S}}(t) \rangle = \frac{\hbar}{2} (\hat{\mathbf{x}} \cos \Omega t + \hat{\mathbf{y}} \sin \Omega t),$$

where $\Omega = \gamma B_0$.

4. Since we have diagonalized the Hamiltonian, we know that the general solution of the Schrödinger equation is

$$|\Psi(t)\rangle = c_+ e^{-iE_+ t/\hbar} |\hat{\mathbf{n}}, +\rangle + c_- e^{-iE_- t/\hbar} |\hat{\mathbf{n}}, -\rangle.$$

For $\mathbf{B} = B_0 \hat{\mathbf{z}}$ and $|\Psi(t=0)\rangle = \frac{1}{\sqrt{2}}(|\uparrow\rangle + |\downarrow\rangle)$, this means

$$|\Psi(t)\rangle = \frac{1}{\sqrt{2}} e^{-i\Omega t/2} |\uparrow\rangle + \frac{1}{\sqrt{2}} e^{i\Omega t/2} |\downarrow\rangle$$

where $\Omega = \gamma B_0$. Hence

$$\begin{aligned} \langle \Psi(t) | \hat{S}_x | \Psi(t) \rangle &= \frac{1}{\sqrt{2}} \begin{pmatrix} e^{i\Omega t/2} & e^{-i\Omega t/2} \end{pmatrix} \frac{\hbar}{2} \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \frac{1}{\sqrt{2}} \begin{pmatrix} e^{-i\Omega t/2} \\ e^{i\Omega t/2} \end{pmatrix} = \frac{\hbar}{2} \cos \Omega t, \\ \langle \Psi(t) | \hat{S}_y | \Psi(t) \rangle &= \frac{1}{\sqrt{2}} \begin{pmatrix} e^{i\Omega t/2} & e^{-i\Omega t/2} \end{pmatrix} \frac{\hbar}{2} \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} \frac{1}{\sqrt{2}} \begin{pmatrix} e^{-i\Omega t/2} \\ e^{i\Omega t/2} \end{pmatrix} = \frac{\hbar}{2} \sin \Omega t, \\ \langle \Psi(t) | \hat{S}_z | \Psi(t) \rangle &= \frac{1}{\sqrt{2}} \begin{pmatrix} e^{i\Omega t/2} & e^{-i\Omega t/2} \end{pmatrix} \frac{\hbar}{2} \begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix} \frac{1}{\sqrt{2}} \begin{pmatrix} e^{-i\Omega t/2} \\ e^{i\Omega t/2} \end{pmatrix} = 0, \end{aligned}$$

which agrees with what we found by solving the Ehrenfest equation.

Problem 3 Singlet and triplet states

Consider two spin- $\frac{1}{2}$ particles.

Formally, the total Hilbert space describing two particles is given by the *tensor product* of the Hilbert spaces describing the particles individually. In this case, the individual Hilbert spaces are $\mathbb{C}^2$ and $\mathbb{C}^2$, and their tensor product is $\mathbb{C}^2 \otimes \mathbb{C}^2 = \mathbb{C}^{2 \times 2} = \mathbb{C}^4$. The tensor product of two 2-component vectors

$$v = \begin{pmatrix} v_1 \\ v_2 \end{pmatrix}, \quad u = \begin{pmatrix} u_1 \\ u_2 \end{pmatrix} \quad (5)$$

is the 4-component vector

$$v \otimes u = \begin{pmatrix} v_1 u_1 \\ v_1 u_2 \\ v_2 u_1 \\ v_2 u_2 \end{pmatrix}. \quad (6)$$

The tensor product of two 2×2 matrices

$$A = \begin{pmatrix} A_{11} & A_{12} \\ A_{21} & A_{22} \end{pmatrix}, \quad B = \begin{pmatrix} B_{11} & B_{12} \\ B_{21} & B_{22} \end{pmatrix} \quad (7)$$

is defined as the 4×4 matrix

$$A \otimes B = \left(\begin{array}{cc|cc} A_{11}B_{11} & A_{11}B_{12} & A_{12}B_{11} & A_{12}B_{12} \\ A_{11}B_{21} & A_{11}B_{22} & A_{12}B_{21} & A_{12}B_{22} \\ \hline A_{21}B_{11} & A_{21}B_{12} & A_{22}B_{11} & A_{22}B_{12} \\ A_{21}B_{21} & A_{21}B_{22} & A_{22}B_{21} & A_{22}B_{22} \end{array} \right), \quad (8)$$

where the horizontal and vertical lines were added for readability only. Notice how the tensor product is linear in both of its arguments and how it is not commutative, $A \otimes B \neq B \otimes A$.

If the spin operator of an individual particle is given by $\hat{\mathbf{S}} = \frac{\hbar}{2}\hat{\boldsymbol{\sigma}}$, where $\hat{\boldsymbol{\sigma}} = (\sigma_x, \sigma_y, \sigma_z)$ are Pauli matrices, then the spin operators of the first and second particles are $\hat{\mathbf{S}}_1 = \frac{\hbar}{2}\hat{\boldsymbol{\sigma}} \otimes \mathbb{1}$ and $\hat{\mathbf{S}}_2 = \frac{\hbar}{2}\mathbb{1} \otimes \hat{\boldsymbol{\sigma}}$ in the basis $\{|\uparrow\uparrow\rangle, |\uparrow\downarrow\rangle, |\downarrow\uparrow\rangle, |\downarrow\downarrow\rangle\}$ of the total Hilbert space; here $\mathbb{1}$ is the 2×2 identity matrix.

1. Write down the matrices for $\hat{S}_{1,x}$ and $\hat{S}_{2,y}$ in the $\{|\uparrow\uparrow\rangle, |\uparrow\downarrow\rangle, |\downarrow\uparrow\rangle, |\downarrow\downarrow\rangle\}$ basis.
2. Show that $[\hat{S}_{1,i}, \hat{S}_{2,j}] = 0$. (Hint: do this abstractly using $(A \otimes B)(C \otimes D) = (AB) \otimes (CD)$.)
3. Introduce $\hat{\Sigma} = \hat{\mathbf{S}}_1 + \hat{\mathbf{S}}_2$. Calculate $[\hat{\Sigma}_i, \hat{\Sigma}_j]$ and find the matrices for $\hat{\Sigma}^2$ and $\hat{\mathbf{S}}_1 \cdot \hat{\mathbf{S}}_2$.
4. Diagonalize the total spin $\hat{\Sigma}^2$ simultaneously with the total spin along z $\hat{\Sigma}_z$. Make sure that the phases of the different eigenvectors are properly related through raising and lower operations $\hat{\Sigma}_{\pm}$. What spin values do you find?

Solution 3

1. They are

$$\hat{S}_{1,x} = \frac{\hbar}{2} \begin{pmatrix} & 1 & & \\ 1 & & & \\ & & 1 & \\ & & & \end{pmatrix}, \quad \hat{S}_{2,y} = \frac{\hbar}{2} \begin{pmatrix} & -i & & \\ i & & & \\ & & i & \\ & & & -i \end{pmatrix}.$$

2. This follows from

$$\begin{aligned} [\hat{S}_{1,i}, \hat{S}_{2,j}] &= (\hat{S}_i \otimes \mathbb{1})(\mathbb{1} \otimes \hat{S}_j) - (\mathbb{1} \otimes \hat{S}_j)(\hat{S}_i \otimes \mathbb{1}) \\ &= (\hat{S}_i \mathbb{1}) \otimes (\mathbb{1} \hat{S}_j) - (\mathbb{1} \hat{S}_i) \otimes (\hat{S}_j \mathbb{1}) \\ &= \hat{S}_i \otimes \hat{S}_j - \hat{S}_i \otimes \hat{S}_j = 0. \end{aligned}$$

3. We have:

$$\begin{aligned} [\hat{\Sigma}_i, \hat{\Sigma}_j] &= [\hat{S}_{1,i} + \hat{S}_{2,i}, \hat{S}_{1,j} + \hat{S}_{2,j}] = [\hat{S}_{1,i}, \hat{S}_{1,j}] + [\hat{S}_{2,i}, \hat{S}_{2,j}] \\ &= i\hbar \sum_k (\hat{S}_{1,k} + \hat{S}_{2,k}) = i\hbar \sum_k \hat{\Sigma}_k. \end{aligned}$$

Moreover

$$\begin{aligned} \hat{\Sigma}^2 &= (\hat{\mathbf{S}}_1 + \hat{\mathbf{S}}_2)^2 = \hat{\mathbf{S}}_1^2 + \hat{\mathbf{S}}_2^2 + \hat{\mathbf{S}}_1 \cdot \hat{\mathbf{S}}_2 + \hat{\mathbf{S}}_2 \cdot \hat{\mathbf{S}}_1 \\ &= \frac{\hbar^2}{4} \sum_i \sigma_i^2 \otimes \mathbb{1} + \frac{\hbar^2}{4} \sum_i \sigma_i^2 \otimes \mathbb{1} + 2 \frac{\hbar^2}{4} \sum_i \sigma_i \otimes \sigma_i \\ &= \frac{3\hbar^2}{2} \mathbb{1} \otimes \mathbb{1} + \frac{\hbar^2}{2} \sum_i \sigma_i \otimes \sigma_i, \\ \hat{\mathbf{S}}_1 \cdot \hat{\mathbf{S}}_2 &= \frac{\hbar^2}{4} \sum_i \sigma_i \otimes \sigma_i. \end{aligned}$$

where

$$\begin{aligned}\sum_i \sigma_i \otimes \sigma_i &= \begin{pmatrix} 0 & 0 & 0 & 1 \\ 0 & 0 & 1 & 0 \\ 0 & 1 & 0 & 0 \\ 1 & 0 & 0 & 0 \end{pmatrix} + \begin{pmatrix} 0 & 0 & 0 & -1 \\ 0 & 0 & 1 & 0 \\ 0 & 1 & 0 & 0 \\ -1 & 0 & 0 & 0 \end{pmatrix} + \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & -1 & 0 & 0 \\ 0 & 0 & -1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix} \\ &= \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & -1 & 2 & 0 \\ 0 & 2 & -1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}.\end{aligned}$$

Hence

$$\begin{aligned}\hat{\Sigma}^2 &= \hbar^2 \begin{pmatrix} 2 & 0 & 0 & 0 \\ 0 & 1 & 1 & 0 \\ 0 & 1 & 1 & 0 \\ 0 & 0 & 0 & 2 \end{pmatrix}, \\ \hat{\mathbf{S}}_1 \cdot \hat{\mathbf{S}}_2 &= \frac{\hbar^2}{4} \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & -1 & 2 & 0 \\ 0 & 2 & -1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}.\end{aligned}$$

4. Since

$$\hat{S}_z = \hbar \begin{pmatrix} 1 & & & \\ & 0 & & \\ & & 0 & \\ & & & -1 \end{pmatrix},$$

the singlet state is

$$|s=0, m=0\rangle = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 \\ 1 \\ -1 \\ 0 \end{pmatrix} = \frac{|\uparrow\downarrow\rangle - |\downarrow\uparrow\rangle}{\sqrt{2}},$$

and the triplet states are

$$\begin{aligned}|s=1, m=1\rangle &= \begin{pmatrix} 1 \\ 0 \\ 0 \\ 0 \end{pmatrix} = |\uparrow\uparrow\rangle, \\ |s=1, m=0\rangle &= \frac{1}{\sqrt{2}} \begin{pmatrix} 0 \\ 1 \\ 1 \\ 0 \end{pmatrix} = \frac{|\uparrow\downarrow\rangle + |\downarrow\uparrow\rangle}{\sqrt{2}}, \\ |s=1, m=-1\rangle &= \begin{pmatrix} 0 \\ 0 \\ 0 \\ 1 \end{pmatrix} = |\downarrow\downarrow\rangle.\end{aligned}$$

Note that $\hat{\Sigma}_- |s=1, m=1\rangle = \hbar\sqrt{2} |s=1, m=0\rangle$, where

$$\hat{\Sigma}_- = \hbar \begin{pmatrix} 0 & 0 & 0 & 0 \\ 1 & 0 & 0 & 0 \\ 1 & 0 & 0 & 0 \\ 0 & 1 & 1 & 0 \end{pmatrix}.$$

The possible spins are $s=0$ and $s=1$, as follows from $\hat{\Sigma}^2 |s, m\rangle = \hbar^2 s(s+1) |s, m\rangle$.