(11.9) Which neutron and proton states account for the spin value i of ^{14}N?

$A := 14$　　　$Z := 7$　　　$N := A - Z$　　　$N = 7$　　　Hence this is an odd-odd nucleus.

Total spin is 1 (Table 11.3) and parity +. Both the odd p and odd n ought to be in 1p1/2.

$j_p := \dfrac{1}{2}$　　$l_p := 1$　　　　　$j_n := \dfrac{1}{2}$　　$l_n := 1$

Hence:　　$I_{oddodd} := j_p + j_n$　　　eqn (11.27a) and thus　　　$I_{oddodd} = 1$