(6.9) 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 6.3) and parity +. Both the odd p and odd n ought to be in 1p1/2.

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

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