

The Electromagnetic Stress Tensor

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In General Relativity,

$$T_{ab} = \frac{1}{4\pi} \left(-g^{cd} F_{ac} F_{bd} + \frac{1}{4} g_{cb} F_{cd} F^{cd} \right) \quad (1)$$

where

$$F = (F^{ab}) = \begin{pmatrix} 0 & E^\top \\ -E & B \end{pmatrix}, \quad (2)$$

with $Bp = (-B) \times p$.

Condense this to Special Relativity, with Minkowski coordinates.

$$g_{ab} = \eta_{ab}, \quad g^{ab} = \eta^{ab} \quad (3)$$

$$F_{cb} = \eta_{ac} \eta_{bd} F^{cd} = \eta_{ac} F^{cd} \eta_{bd} \quad (4)$$

Because $\eta_{bd} = \eta_{db}$,

$$F_{ab} = \eta_{ac} F^{cd} \eta_{db} = (\eta F \eta)_{ab}, \quad (5)$$

and thus,

$$\hat{F} = (F_{ab}) = \eta F \eta. \quad (6)$$

1.

$$F_{cd} F^{cd} = -F_{dc} F^{cd} = -\text{tr}(\hat{F} F) \quad (7)$$

$$\hat{F} F = (\eta F \eta) F = (\eta F)^2 \quad (8)$$

Therefore, in Special Relativity,

$$\frac{1}{4} g_{ab} F_{cd} F^{cd} = \frac{1}{4} \eta_{ab} F_{cd} F^{cd} = -\frac{1}{4} \text{tr}((\eta F)^2) \eta_{ab} \quad (9)$$

2.

$$-\eta^{cd}F_{ac}F_{bd} = F_{ac}\eta^{cd}(-F_{bd}) = F_{ac}\eta^{cd}F_{db} = \left(\hat{F}\eta\hat{F}\right)_{ab} \quad (10)$$

$$\hat{F}\eta\hat{F} = (\eta F\eta)\eta(\eta F\eta) = \eta F\eta F\eta \quad (11)$$

Since $\eta^2 = I$,

$$\hat{F}\eta\hat{F} = (\eta F)^2\eta. \quad (12)$$

Write $T = (T_{ab})$. Therefore,

$$T = \frac{1}{4\pi} \left((\eta F)^2 - \frac{1}{4} \text{tr}((\eta F)^2) I \right) \eta. \quad (13)$$

3.

$$\eta F = \begin{pmatrix} 1 & 0 \\ 0 & -I \end{pmatrix} \begin{pmatrix} 0 & E^\top \\ -E & B \end{pmatrix} = \begin{pmatrix} 0 & E^\top \\ E & -B \end{pmatrix}. \quad (14)$$

Therefore,

$$(\eta F)^2 = \begin{pmatrix} 0 & E^\top \\ -E & B \end{pmatrix} \begin{pmatrix} 0 & E^\top \\ E & -B \end{pmatrix} = \begin{pmatrix} E^2 & -E^\top B \\ -BE & EE^\top + B^2 \end{pmatrix} \quad (15)$$

$$-BE = B \times E = -E \times B \quad (-BE)^\top = -E^\top B^\top = -E^\top(-B) = E^\top B$$

Therefore,

$$-E^\top B = (E \times B)^\top. \quad (16)$$

$$B^2 p = B(-B \times p) = -B \times (-B \times p) \quad (17)$$

$$B^2 p = (-B \cdot p)(-B) - (-B) \cdot (-B)p = BB^\top p - B^2 I p \quad (18)$$

Therefore,

$$B^2 = BB^\top - B^2 I \quad (19)$$

and

$$(\eta F)^2 = \begin{pmatrix} E^2 & (E \times B)^\top \\ -(E \times B) & EE^\top + BB^\top - B^2 I \end{pmatrix}. \quad (20)$$

4.

$$\text{tr}((\eta F)^2) = E^2 + E^2 + B^2 - 3B^2 = 2(E^2 - B^2), \text{ so}$$

$$O = (\eta F)^2 - \frac{1}{4} \text{tr}((\eta F)^2) I = (\eta F)^2 - \frac{1}{2} (E^2 - B^2) I \quad (21)$$

$$O = \begin{pmatrix} E^2 & (E \times B)^\top \\ -E \times B & EE^\top + BB^\top - B^2 I \end{pmatrix} + \begin{pmatrix} -\frac{1}{2}(E^2 - B^2) & 0 \\ 0 & -\frac{1}{2}(E^2 - B^2) I \end{pmatrix} \quad (22)$$

$$O = \begin{pmatrix} \frac{1}{2}(E^2 + B^2) & (E \times B)^\top \\ -E \times B & EE^\top + BB^\top - \frac{1}{2}(E^2 + B^2) I \end{pmatrix} \quad (23)$$

5.

$$4\pi T = \begin{pmatrix} \frac{1}{2}(E^2 + B^2) & (E \times B)^\top \\ -E \times B & EE^\top + BB^\top - \frac{1}{2}(E^2 + B^2) I \end{pmatrix} \begin{pmatrix} 1 & 0 \\ 0 & -I \end{pmatrix} \quad (24)$$

Therefore,

$$T = \frac{1}{4\pi} \begin{pmatrix} \frac{1}{2}(E^2 + B^2) & -(E \times B)^\top \\ -(E \times B) & \frac{1}{2}(E^2 + B^2) I - EE^\top + -BB^\top \end{pmatrix}. \quad (25)$$

End result:

The energy density of the field, T_{00} , is

$$T_{00} = \frac{1}{8\pi} (E^2 + B^2). \quad (26)$$

And the momentum density of the field, $T_{\alpha 0}$, is

$$T_{\alpha 0} = -\frac{1}{4\pi} E \times B \quad (27)$$