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## The $\Sigma_{\pi N}$ Term, Chiral Multiplet Mixing and Hidden Strangeness in the Nucleon

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The nucleon  $\Sigma$  term's large "observed" value (> 55 MeV) has long been interpreted as a sign of hidden strangeness in the nucleon. We have calculated the  $\Sigma_{\pi N}$  term on the basis of mixing of chiral multiplets, and using known constraints on the current quark masses  $m_u^0, m_d^0$  and the flavor-singlet and isostriplet axial couplings. We show that the  $[(1, 1/2) \oplus (1/2, 1)]$  chiral multiplet, that is necessary for the reproduction of the isotriplet axial coupling, makes a contribution enhanced by a factor of  $\frac{19}{3} \simeq 6.33$ , due to  $SU_L(2) \times SU_R(2)$  algebra, that leads to  $\Sigma_{\pi N} \geq (1 + \frac{16}{3} \sin^2 \theta) \frac{3}{2} (m_u^0 + m_d^0) = 60$  MeV, in general accord with "experimental" values of  $\Sigma_{\pi N}$ . The chiral mixing angle  $\theta$  is given by  $\sin^2 \theta = \frac{3}{8} (g_A^{(0)} + g_A^{(3)})$ , where  $g_A^{(0)} = 0.33 \pm 0.08$ , or  $0.28 \pm 0.16$ , and  $g_A^{(3)} = 1.267$ , are the flavor singlet and the isotriplet axial couplings, respectively. These results show there is no need for  $q^4 \bar{q}$  components, and in particular, no need for an  $s\bar{s}$  component in the nucleon.

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