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$$\text{by hint } \mathcal{Z}_h(x_j) = -u''(x_j) - \frac{1}{h^2} \left[ \int_{x_j-h}^{x_j} u''(t) (x_j - h - t)^2 dt - \int_{x_j}^{x_j+h} u''(t) (x_j + h - t)^2 dt \right]$$

$$\text{by } (\int ab)^2 \leq \int a^2 \int b^2$$

$$\Rightarrow \int_{x_j-h}^{x_j} u''(t) (x_j - h - t)^2 dt \leq \left( \int_{x_j-h}^{x_j} |u''(t)|^2 dt \right) \left( \int_{x_j-h}^{x_j} (x_j - h - t)^4 dt \right) \leq \frac{h^5}{5} \int_{x_j-h}^{x_j} |u''(t)|^2 dt$$

$$\Rightarrow \text{let } x_j - h - t = y \quad x_j - h - y = t \quad -dy = dt$$

$$\Rightarrow \int_0^h y^4 \cdot dy = \left[ \frac{y^5}{5} \right]_0^h = \frac{h^5}{5}$$

$$\begin{aligned} & \text{by } (a+b+c)^2 \leq 3(a^2 + b^2 + c^2) \\ \therefore \| \mathcal{Z}_h \|_h^2 &= h \sum_{j=1}^{n-1} \mathcal{Z}_h(x_j)^2 \leq 3h \sum_{j=1}^{n-1} [u''(x_j)]^2 + \frac{3h}{h} \sum_{j=1}^{n-1} \left( \frac{h^5}{5} \int_{x_j-h}^{x_j} |u''(t)|^2 dt + \frac{h^5}{5} \int_{x_j}^{x_j+h} |u''(t)|^2 dt \right) \\ &\leq 3h \sum_{j=1}^{n-1} [u''(x_j)]^2 + \frac{3}{5} h \sum_{j=1}^{n-1} \left( h \int_{x_j-h}^{x_j} |u''(t)|^2 dt + h \int_{x_j}^{x_j+h} |u''(t)|^2 dt \right) \\ &= \| f \|_h^2 \quad \hookrightarrow \leq \int_0^1 |u''(t)|^2 dt \quad \checkmark \\ &\leq 3 \| f \|_h^2 + \frac{6}{5} \int_0^1 |u''(t)|^2 dt = 3 \| f \|_h^2 + \frac{6}{5} \| f \|_{L^2([0,1])}^2 \leq 3 (\| f \|_h^2 + \| f \|_{L^2([0,1])}^2) \end{aligned}$$

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$$\begin{aligned} T_n g(x_j) &= \sum_{k=1}^{n-1} \underbrace{g(x_k)}_{=} G^k(x_j) \rightarrow h G(x_j, x_k) \quad \left\{ \begin{array}{ll} s(1-x_j) & 0 \leq s \leq x_j \\ x_j(1-s) & x_j \leq s \leq 1 \end{array} \right\} \quad \left\{ \begin{array}{l} x_k(1-x_j), \quad k \leq j \\ x_j(1-x_k), \quad j < k \end{array} \right. \\ &= h \left[ \sum_{k=1}^j x_k(1-x_j) + \sum_{k=j+1}^{n-1} x_j(1-x_k) \right] \quad (x_k = kh, x_j = jh) \\ &= h \left[ (1-x_j) \sum_{k=1}^j k + x_j \sum_{k=j+1}^{n-1} (1-x_k) \right] \quad h \sum_{k=j+1}^{n-1} k \\ &= h \left[ (1-x_j) h \frac{(j+1)j}{2} + x_j (n-1-j) - h \left( \frac{(n-1)n}{2} - \frac{j(j+1)}{2} \right) \right] \quad h = \frac{1}{n}, x_j = \frac{j}{n} \\ &= \frac{1}{2n^3} \left[ j(j+1)(n-j) + j(zn(n-1-j) - (n-1)n + j(j+1)) \right] \\ &= \frac{1}{2n^3} \left[ j(j+1)n + j(zn(n-1-j) - (n-1)n) \right] \\ &= \frac{1}{2n^3} jn(j+1) + jn(2(n-1-j) - (n-1)) \\ &= \frac{1}{2n^3} jn(-j+n) \\ &= \frac{j}{n} \cdot \frac{n-j}{2n} = \frac{1}{2} x_j (1-x_j) \end{aligned}$$

#8.

Young's Inequality:  $ab \leq \varepsilon a^2 + \frac{1}{4\varepsilon} b^2$ ,  $\forall a, b \in \mathbb{R}, \forall \varepsilon > 0$

$$\therefore \left( \sqrt{\varepsilon} a - \frac{b}{2\sqrt{\varepsilon}} \right)^2 \geq 0$$

$$\Rightarrow \varepsilon a^2 - ab + \frac{b^2}{4\varepsilon} \geq 0 \Rightarrow \varepsilon a^2 + \frac{1}{4\varepsilon} b^2 \geq ab$$

\*9 Prove  $\|V_n\|_n \leq \|V_n\|_{n,\infty}$

$$\forall j=1 \dots n-1 \quad |V_j| \leq \max_{1 \leq k \leq n-1} |V_k| = \|V_n\|_{n,\infty}$$

$$\therefore V_j^2 \leq \|V_n\|_{n,\infty}^2$$

$$\Rightarrow \sum_{j=1}^{n-1} V_j^2 \leq \sum_{j=1}^{n-1} \|V_n\|_{n,\infty}^2 = (n-1) \|V_n\|_{n,\infty}^2 \quad (\times h)$$

$$\|V_n\|_n^2 = h \sum_{j=1}^{n-1} V_j^2 \leq h(n-1) \|V_n\|_{n,\infty}^2 \quad (h = \frac{1}{n} \therefore n(n-1) = \frac{n-1}{n} \leftarrow)$$

$$\Rightarrow \|V_n\|_n^2 \leq \|V_n\|_{n,\infty}^2$$

$$\Rightarrow \|V_n\|_n \leq \|V_n\|_{n,\infty}$$

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$$\text{by 12.9. } (L_n w_n)(x_j) = -\frac{w_{j+1} - 2w_j + w_{j-1}}{h^2} \quad \text{for } L_u = -u^{(iv)}$$

$$\text{let } z_j = (L_n w)_j = -\frac{w_{j+1} - 2w_j + w_{j-1}}{h^2}$$

$$\begin{aligned} (L_n z)_j &= -\frac{z_{j+1} - 2z_j + z_{j-1}}{h^2} \\ &= -\frac{1}{h^2} \left\{ -\frac{1}{h^2} \left[ (w_{j+2} - 2w_{j+1} - w_j) - 2(w_{j+1} - 2w_j + w_{j-1}) + (w_j - 2w_{j-1} + w_{j-2}) \right] \right\} \\ &= \frac{1}{h^4} [w_{j+2} - 4w_{j+1} - 6w_j - 4w_{j-1} + w_{j-2}] \end{aligned}$$

$$\therefore (L_n^{(u)} w)_j := - (L_n^2 w)_j = -\frac{1}{h^4} [w_{j+2} - 4w_{j+1} - 6w_j - 4w_{j-1} + w_{j-2}] \quad j = 2 \dots n-2$$