8 **(i)** Prove the identity $\left(\frac{1}{\sin\theta} - \frac{1}{\tan\theta}\right)^2 \equiv \frac{1-\cos\theta}{1+\cos\theta}$. [3]

(ii) Hence solve the equation $\left(\frac{1}{\sin\theta} - \frac{1}{\tan\theta}\right)^2 = \frac{2}{5}$, for $0° \leqslant \theta \leqslant 360°$. [4]