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5. Solution:

Proof. Firstly, we know that $E[X] = E[Y] = 0$ and $\text{Var}(X) = \text{Var}(Y) = 1$. Then we have that $E[X^2] = E[Y^2] = 1$ and $\text{Cov}(X, Y) = E[XY] \implies \rho(X, Y) = E[XY]$.

To prove the inequality, we observe that

$$\begin{aligned} E[\max(X^2, Y^2)] &= E\left[\frac{1}{2}(X^2 + Y^2) + \frac{1}{2}|(X - Y)(X + Y)|\right] \\ &= E\left[\frac{1}{2}(X^2 + Y^2)\right] + E\left[\frac{1}{2}|(X - Y)(X + Y)|\right] \\ &= \frac{1}{2}(E[X^2] + E[Y^2]) + \frac{1}{2}E[|X - Y| \cdot |X + Y|] \\ &\leq 1 + \frac{1}{2}\sqrt{E[|X - Y|^2] E[|X + Y|^2]} \end{aligned}$$

by the Cauchy-Schwartz inequality. Then

$$\begin{aligned} E[\max(X^2, Y^2)] &\leq 1 + \frac{1}{2}\sqrt{(E[X^2] - 2E[XY] + E[Y^2])(E[X^2] + 2E[XY] + E[Y^2])} \\ &= 1 + \sqrt{\frac{1}{4}(2 - 2E[XY])(2 + 2E[XY])} \\ &= 1 + \sqrt{1 - E[XY]^2} \\ &= 1 + \sqrt{1 - \rho^2(X, Y)} \end{aligned}$$

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