

$$\mathbb{P}[|X - \mu| \geq h\sigma] \leq \frac{[f(|X - \mu|)]}{f(h\sigma)}$$

Letting $f(\cdot) = (\cdot)^2$,

$$\mathbb{P}[|X - \mu| \geq h\sigma] \geq 1 - \frac{\sigma^2}{h^2\sigma^2} \tag{1}$$