

第 10 章 b : 二重积分的计算

数学系 梁卓滨

2017.07 暑期班

如何计算二重积分：

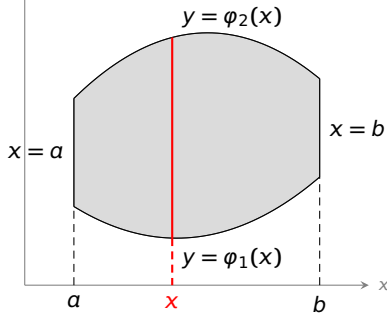
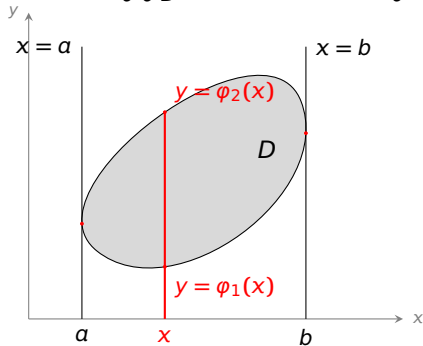
- 一般方法 化二重积分为“累次积分”：

$$\begin{aligned}\iint_D f(x, y) d\sigma &= \iint_D f(x, y) dx dy = \int_{*}^{*} \left[\int_{*}^{*} f(x, y) dx \right] dy \\ &= \int_{*}^{*} \left[\int_{*}^{*} f(x, y) dy \right] dx\end{aligned}$$

- 问题：如何确定积分上下限？

固定 x , 先对 y 积分

$$\iint_D f(x, y) dx dy = \int_a^b \left[\int_{\varphi_1(x)}^{\varphi_2(x)} f(x, y) dy \right] dx$$



注 上述区域 D 可以表示成

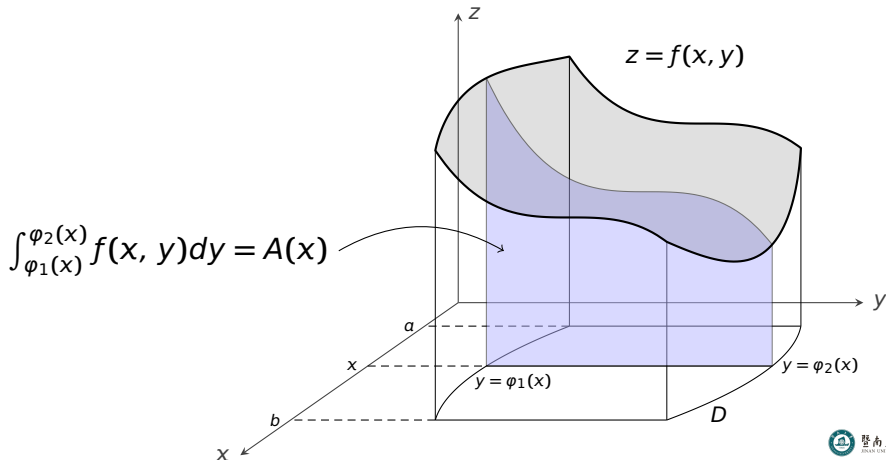
$$D = \{(x, y) | \varphi_1(x) \leq y \leq \varphi_2(x), a \leq x \leq b\}$$

称为 X -型区域。

二次积分化为累次积分：几何解释

- 设 $D = \{(x, y) | \varphi_1(x) \leq y \leq \varphi_2(x), a \leq x \leq b\}$, 则

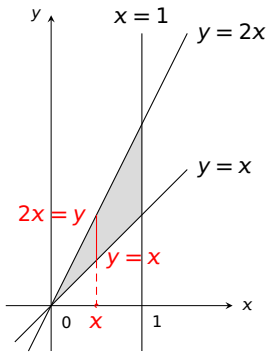
$$\iint_D f(x, y) d\sigma = V = \int_a^b A(x) dx = \int_a^b \left[\int_{\varphi_1(x)}^{\varphi_2(x)} f(x, y) dy \right] dx$$



例 计算 $\iint_D xy dx dy$, 其中 D 是由直线 $y = 2x$, $y = x$ 和 $x = 1$ 所围成区域。

解

$$\begin{aligned}\iint_D xy dx dy &= \int_0^1 \left[\int_x^{2x} xy dy \right] dx \\ &= \int_0^1 \left[\frac{1}{2} xy^2 \Big|_x^{2x} \right] dx = \int_0^1 \frac{3}{2} x^3 dx = \frac{3}{8} x^4 \Big|_0^1 = \frac{3}{8}\end{aligned}$$

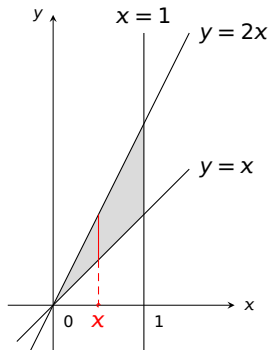


注 D 是 X -型区域, 可以表示为

$$D = \{(x, y) | x \leq y \leq 2x, 0 \leq x \leq 1\}$$

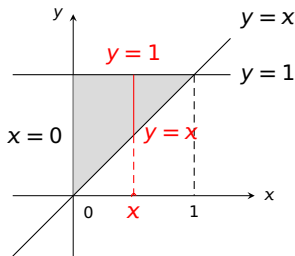
例 计算 $\iint_D e^{x+y} dx dy$, 其中 D 是由直线 $y = 2x$, $y = x$ 和 $x = 1$ 所围成区域。

解



$$\begin{aligned}\iint_D e^{x+y} dx dy &= \int_0^1 \left[\int_x^{2x} e^{x+y} dy \right] dx = \int_0^1 \left[e^{x+y} \Big|_x^{2x} \right] dx \\ &= \int_0^1 e^{3x} - e^{2x} dx = \frac{1}{3} e^{3x} - \frac{1}{2} e^{2x} \Big|_0^1 = \frac{1}{3} e^3 - \frac{1}{2} e^2 + \frac{1}{6}\end{aligned}$$

例 计算 $\iint_D (2x + 6y) dx dy$, 其中 D 是由直线 $x = 0$, $y = 1$ 和 $y = x$ 所围成区域。



解

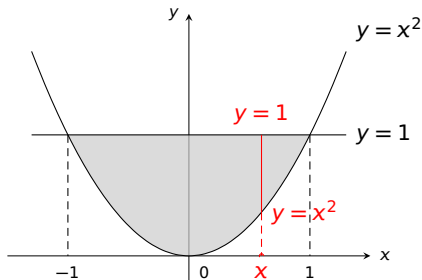
$$\begin{aligned}\iint_D (2x + 6y) dx dy &= \int_0^1 \left[\int_x^1 (2x + 6y) dy \right] dx \\&= \int_0^1 \left[2xy + 3y^2 \Big|_x^1 \right] dx = \int_0^1 -5x^2 + 2x + 3 dx \\&= -\frac{5}{3}x^3 + x^2 + 3x \Big|_0^1 = \frac{7}{3}\end{aligned}$$

注 D 是 X-型区域, 可以表示为

$$D = \{(x, y) | x \leq y \leq 1, 0 \leq x \leq 1\}$$

例 计算 $\iint_D x^2 y dx dy$, 其中 D 是由曲线 $y = x^2$ 和直线 $y = 1$ 所围成区域。

解



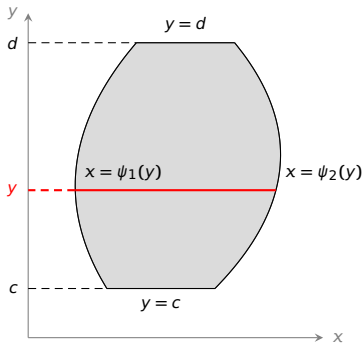
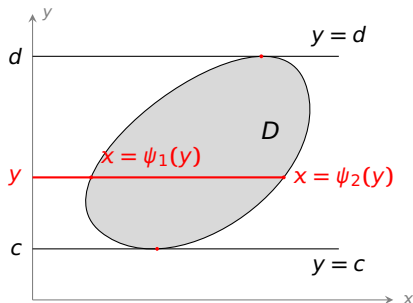
$$\begin{aligned}\iint_D x^2 y dx dy &= \int_{-1}^1 \left[\int_{x^2}^1 x^2 y dy \right] dx = \int_{-1}^1 \left[\frac{1}{2} x^2 y^2 \Big|_{x^2}^1 \right] dx \\ &= \int_{-1}^1 \frac{1}{2} x^2 (1 - x^4) dx = \frac{1}{2} \left(\frac{1}{3} x^3 - \frac{1}{7} x^7 \right) \Big|_{-1}^1 = \frac{4}{21}\end{aligned}$$

注 D 是 X-型区域, 可以表示为

$$D = \{(x, y) | x^2 \leq y \leq 1, -1 \leq x \leq 1\}$$

固定 y , 先对 x 积分

$$\iint_D f(x, y) dx dy = \int_c^d \left[\int_{\psi_1(y)}^{\psi_2(y)} f(x, y) dx \right] dy$$



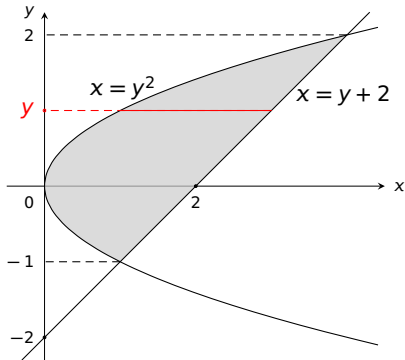
注 上述区域 D 可以表示成

$$D = \{(x, y) | \psi_1(y) \leq x \leq \psi_2(y), c \leq y \leq d\}$$

称为 Y-型区域。

例 计算 $\iint_D xy dx dy$, 其中是由抛物线 $x = y^2$ 和直线 $y = x - 2$ 所围成区域。

解



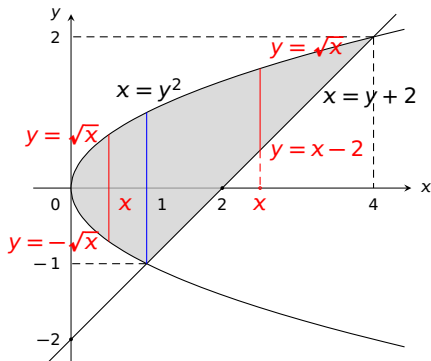
$$\begin{aligned}\text{原式} &= \int_{-1}^2 \left[\int_{y^2}^{y+2} xy dx \right] dy = \int_{-1}^2 \left[\frac{1}{2} x^2 y \Big|_{y^2}^{y+2} \right] dy \\ &= \int_{-1}^2 \frac{1}{2} y [(y+2)^2 - y^4] dy = \frac{1}{2} \int_{-1}^2 -y^5 + y^3 + 4y^2 + 4y dy = \frac{45}{8}\end{aligned}$$

注 D 是 X -型区域, 可以表示为

$$D = \{(x, y) | x^2 \leq y \leq 1, -1 \leq x \leq 1\}$$

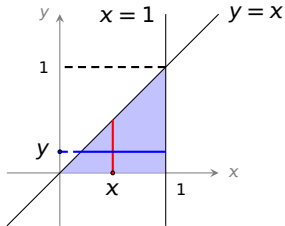
例 计算 $\iint_D xy dx dy$, 其中是由抛物线 $x = y^2$ 和直线 $y = x - 2$ 所围成区域。

解



$$\begin{aligned} \text{原式} &= \int \left[\int xy dy \right] dx \\ &= \int_0^1 \left[\int_{-\sqrt{x}}^{\sqrt{x}} xy dy \right] dx + \int_1^4 \left[\int_{x-2}^{\sqrt{x}} xy dy \right] dx = \dots \end{aligned}$$

例 计算 $\iint_D e^{x^2} dx dy$, 其中 D 是由 $y = x$, $x = 1$, x 轴所围成的区域



解法一 固定 x , 先对 y 积分:

$$\begin{aligned}\iint_D e^{x^2} dx dy &= \int_0^1 \left[\int_0^x e^{x^2} dy \right] dx = \int_0^1 \left[e^{x^2} y \Big|_0^x \right] dx \\ &= \int_0^1 x e^{x^2} dx = \frac{1}{2} e^{x^2} \Big|_0^1 = \frac{1}{2} e - \frac{1}{2}\end{aligned}$$

解法二 固定 y , 先对 x 积分:

$$\iint_D e^{x^2} dx dy = \int_0^1 \left[\int_y^1 e^{x^2} dx \right] dy = \dots\dots \text{积不出}$$

注 选择恰当的积分次序, 才能算出二重积分!

交换积分次序

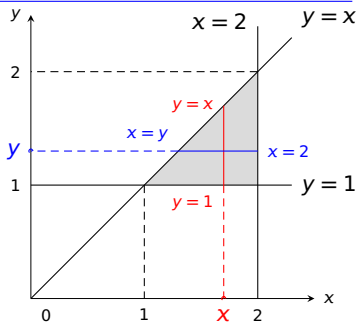
区域 D 同时是

- X-型区域:

$$D = \{(x, y) | 1 \leq y \leq x, 1 \leq x \leq 2\}$$

- Y-型区域:

$$D = \{(x, y) | y \leq x \leq 2, 1 \leq y \leq 2\}$$



$$\iint_D f(x, y) dx = \int_1^2 \left[\int_1^x f(x, y) dy \right] dx = \int_0^1 \left[\int_0^y f(x, y) dx \right] dy$$

问题 1. $\int_0^1 \left[\int_0^y f(x, y) dx \right] dy = \int_*^* \left[\int_*^* f(x, y) dy \right] dx,$

$$2. \int_1^2 \left[\int_1^x f(x, y) dy \right] dx = \int_*^* \left[\int_*^* f(x, y) dx \right] dy.$$

例 补充积分限

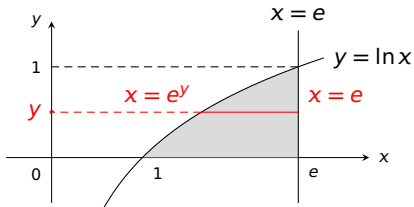
1. $\int_1^e \left[\int_0^{\ln x} f(x, y) dy \right] dx = \int_*^* \left[\int_*^* f(x, y) dx \right] dy,$
2. $\int_{-1}^1 \left[\int_0^{\sqrt{1-x^2}} f(x, y) dy \right] dx = \int_*^* \left[\int_*^* f(x, y) dx \right] dy.$

解 1. 因为

$$D = \{(x, y) | 0 \leq y \leq \ln x, 1 \leq x \leq e\}$$

所以

$$\begin{aligned} & \int_1^e \left[\int_0^{\ln x} f(x, y) dy \right] dx \\ &= \int_0^1 \left[\int_{e^y}^e f(x, y) dx \right] dy \end{aligned}$$



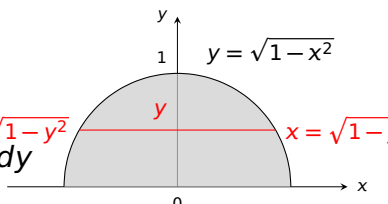
例 补充积分限 1. $\int_1^e \left[\int_0^{\ln x} f(x, y) dy \right] dx = \int_*^* \left[\int_*^* f(x, y) dx \right] dy,$

2. $\int_{-1}^1 \left[\int_0^{\sqrt{1-x^2}} f(x, y) dy \right] dx = \int_*^* \left[\int_*^* f(x, y) dx \right] dy.$

解 2. 因为

$$D = \{(x, y) | 0 \leq y \leq \sqrt{1-x^2}, -1 \leq x \leq 1\}$$

所以

$$\begin{aligned} & \int_{-1}^1 \left[\int_0^{\sqrt{1-x^2}} f(x, y) dy \right] dx \\ &= \int_0^1 \left[\int_{-\sqrt{1-y^2}}^{\sqrt{1-y^2}} f(x, y) dx \right] dy \end{aligned}$$


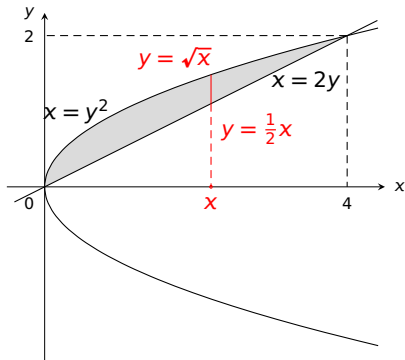
例 补充积分限 $\int_0^2 \left[\int_{y^2}^{2y} f(x, y) dx \right] dy = \int_*^* \left[\int_*^* f(x, y) dy \right] dx.$

解 因为

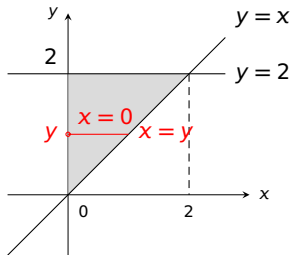
$$D = \{(x, y) | y^2 \leq x \leq 2y, 0 \leq y \leq 2\}$$

所以

$$\begin{aligned} & \int_0^2 \left[\int_{y^2}^{2y} f(x, y) dx \right] dy \\ &= \int_0^4 \left[\int_{\frac{1}{2}x}^{\sqrt{x}} f(x, y) dy \right] dx \end{aligned}$$



例 计算 $\int_0^2 \left[\int_x^2 e^{-y^2} dy \right] dx$

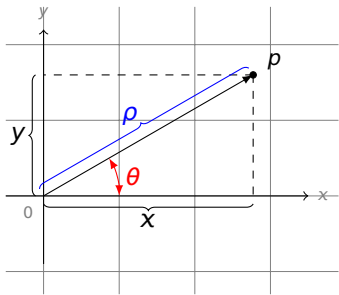


解 1. $D = \{(x, y) | x \leq y \leq 2, 0 \leq x \leq 2\}$.

2. 交换积分次序:

$$\begin{aligned} \int_0^2 \left[\int_x^2 e^{-y^2} dy \right] dx &= \iint_D e^{-y^2} dx dy = \int_0^2 \left[\int_0^y e^{-y^2} dx \right] dy \\ &= \int_0^2 \left[e^{-y^2} x \Big|_0^y \right] dy = \int_0^2 e^{-y^2} y dy = -\frac{1}{2} e^{-y^2} \Big|_0^2 \\ &= \frac{1}{2} (1 - e^{-4}) \end{aligned}$$

回顾极坐标



- 直角坐标 (x, y) , 极坐标 (ρ, θ) 的转换:

$$\begin{cases} x = \rho \cos \theta \\ y = \rho \sin \theta \end{cases}$$

- 注

- 圆周的方程是 $\rho = \rho_0$
- 射线的方程是 $\theta = \theta_0$

如下情形, 不妨引入极坐标:

- 函数 $f(x, y)$ 在极坐标下, 能够简化, 如

$$f_1(x, y) = e^{-x^2-y^2} = e^{-\rho^2}; \quad f_2(x, y) = \ln(1+x^2+y^2) = \ln(1+\rho^2)$$

$$f_3(x, y) = \sqrt{4a^2 - x^2 - y^2} = \sqrt{4a^2 - \rho^2}$$

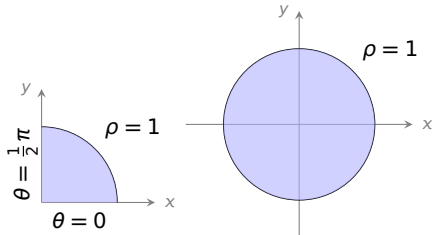
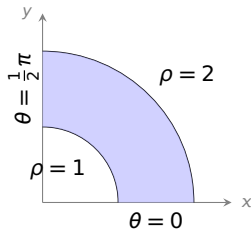
- 点集 D 在极坐标下的表示, 显得简单

例 用极坐标表示以下的闭区域：

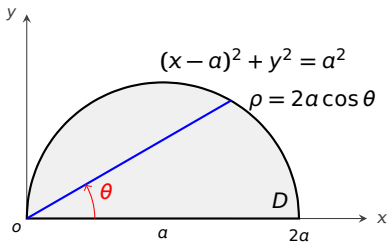
1. D_1 是由圆周 $x^2 + y^2 = 1$ 和 $x^2 + y^2 = 4$ 在第一象限围成的区域
2. D_2 是由圆周 $x^2 + y^2 = 1$ 在第一象限所围成的闭区域
3. D_3 是由圆周 $x^2 + y^2 = 1$ 所围成的闭区域

解

1. $D_1 = \{(\rho, \theta) | 1 \leq \rho \leq 2, 0 \leq \theta \leq \frac{\pi}{2}\}.$
2. $D_2 = \{(\rho, \theta) | 0 \leq \rho \leq 1, 0 \leq \theta \leq \frac{\pi}{2}\}.$
3. $D_3 = \{(\rho, \theta) | 0 \leq \rho \leq 1, 0 \leq \theta \leq 2\pi\}.$



例 用极坐标表示右图区域 D



解 1. 先把圆弧的方程用极坐标改写:

$$(x-a)^2 + y^2 = a^2 \Rightarrow x^2 - 2ax + y^2 = 0$$

$$\begin{array}{c} x = \rho \cos \theta \\ y = \rho \sin \theta \end{array} \Rightarrow \rho^2 - 2a\rho \cos \theta = 0$$

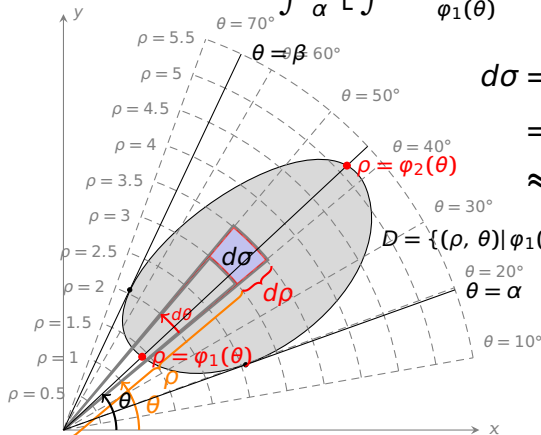
$$\Rightarrow \rho = 2a \cos \theta$$

2. 所以

$$D = \{(\rho, \theta) \mid 0 \leq \rho \leq 2a \cos \theta, 0 \leq \theta \leq \frac{\pi}{2}\}.$$

极坐标下计算二重积分

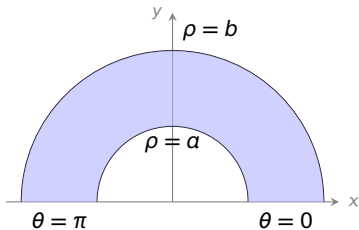
$$\iint_D f(x, y) d\sigma \stackrel{\substack{x=\rho \cos \theta \\ y=\rho \sin \theta}}{=} \iint_D f(\rho \cos \theta, \rho \sin \theta) \rho d\rho d\theta$$
$$= \int_{\alpha}^{\beta} \left[\int_{\varphi_1(\theta)}^{\varphi_2(\theta)} f(\rho \cos \theta, \rho \sin \theta) \rho d\rho \right] d\theta$$



$$d\sigma = \pi(\rho + d\rho)^2 \cdot \frac{d\theta}{2\pi} - \pi\rho^2 \cdot \frac{d\theta}{2\pi}$$
$$= \rho d\rho d\theta + \frac{1}{2} d\rho^2 d\theta$$
$$\approx \rho d\rho d\theta$$

$$D = \{(\rho, \theta) | \varphi_1(\theta) \leq \rho \leq \varphi_2(\theta), \alpha \leq \theta \leq \beta\}$$

例 计算 $\iint_D \sqrt{x^2 + y^2} dx dy$, 其中区域 D 如右图所示



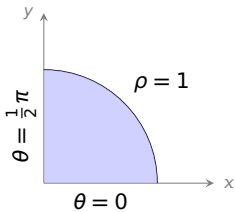
解 区域 D 用极坐标表示是:

$$D = \{(\rho, \theta) | a \leq \rho \leq b, 0 \leq \theta \leq \pi\}$$

所以

$$\begin{aligned} \text{原式} & \frac{x=\rho \cos \theta}{y=\rho \sin \theta} \iint_D \rho \cdot \rho d\rho d\theta = \int_0^\pi \left[\int_a^b \rho^2 d\rho \right] d\theta \\ & = \pi \left(\frac{1}{3} \rho^3 \Big|_a^b \right) = \frac{\pi}{3} (b^3 - a^3) \end{aligned}$$

例 计算 $\iint_D \ln(1+x^2+y^2)dx dy$, 其中区域 D 如右图所示



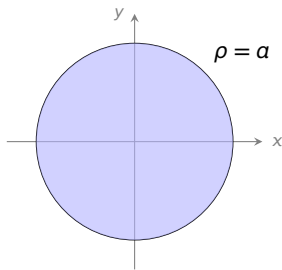
解 区域 D 用极坐标表示是:

$$D = \{(\rho, \theta) | 0 \leq \rho \leq 1, 0 \leq \theta \leq \frac{1}{2}\pi\}$$

所以

$$\begin{aligned} \text{原式} & \xrightarrow[y=\rho \sin \theta]{x=\rho \cos \theta} \iint_D \ln(1+\rho^2) \cdot \rho d\rho d\theta \\ &= \int_0^{\frac{1}{2}\pi} \left[\int_0^1 \ln(1+\rho^2) \cdot \rho d\rho \right] d\theta \xrightarrow{u=1+\rho^2} \int_0^{\frac{1}{2}\pi} \left[\int_1^2 \ln u \cdot \frac{1}{2} du \right] d\theta \\ &= \frac{\pi}{2} \cdot \frac{1}{2} \left[u \ln u \Big|_1^2 - \int_1^2 u d \ln u \right] = \frac{\pi}{2} \cdot \frac{1}{2} [2 \ln 2 - 1] = \frac{\pi}{4} (2 \ln 2 - 1) \end{aligned}$$

例 计算 $\iint_D e^{-x^2-y^2} dx dy$, 其中区域 D 如右图所示



解 区域 D 用极坐标表示是:

$$D = \{(\rho, \theta) | 0 \leq \rho \leq a, 0 \leq \theta \leq 2\pi\}$$

所以

$$\begin{aligned} \text{原式} & \stackrel{\substack{x=\rho \cos \theta \\ y=\rho \sin \theta}}{=} \iint_D e^{-\rho^2} \cdot \rho d\rho d\theta = \int_0^{2\pi} \left[\int_0^a e^{-\rho^2} \cdot \rho d\rho \right] d\theta \\ & \stackrel{u=\rho^2}{=} 2\pi \left[\int_0^{a^2} e^{-u} \cdot \frac{1}{2} du \right] = 2\pi \cdot \frac{1}{2} \left[-e^{-u} \Big|_0^{a^2} \right] = (1 - e^{-a^2})\pi \end{aligned}$$

例 计算 $\iint_D x^2 dx dy$, 其中区域 D 为圆域 $x^2 + y^2 \leq 1$

解法一

$$\begin{aligned} \text{原式} & \stackrel{\substack{x=\rho \cos \theta \\ y=\rho \sin \theta}}{=} \iint_D \rho^2 \cos^2 \theta \cdot \rho d\rho d\theta = \int_0^{2\pi} \left[\int_0^1 \rho^3 \cos^2 \theta d\rho \right] d\theta \\ & = \int_0^{2\pi} \cos^2 \theta \left[\int_0^1 \rho^3 d\rho \right] d\theta = \left[\int_0^1 \rho^3 d\rho \right] \cdot \left[\int_0^{2\pi} \cos^2 \theta d\theta \right] \\ & = \frac{1}{4} \cdot \left[\int_0^{2\pi} \frac{1}{2} (\cos 2\theta + 1) d\theta \right] = \frac{1}{4} \pi \end{aligned}$$

解法二 由对称性, $\iint_D x^2 dx dy = \iint_D y^2 dx dy$, 所以

$$\begin{aligned} \iint_D x^2 dx dy & = \frac{1}{2} \iint_D (x^2 + y^2) dx dy \stackrel{\substack{x=\rho \cos \theta \\ y=\rho \sin \theta}}{=} \frac{1}{2} \iint_D \rho^2 \cdot \rho d\rho d\theta \\ & = \frac{1}{2} \int_0^{2\pi} \left[\int_0^1 \rho^3 d\rho \right] d\theta = \pi \cdot \int_0^1 \rho^3 d\rho = \frac{\pi}{4} \end{aligned}$$

注 如何根据对称性说明 $\iint_D x^2 dx dy = \iint_D y^2 dx dy$?

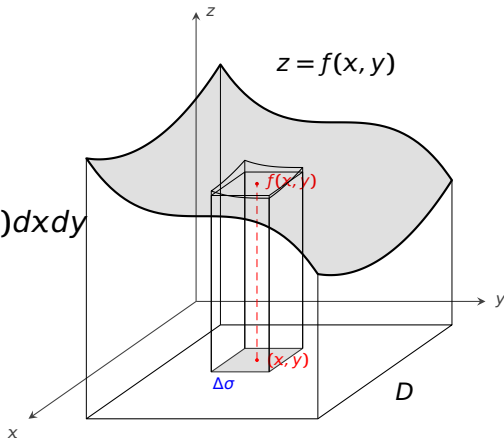
这是:

$$\begin{aligned}\iint_D x^2 dx dy &= \iint_{\{x^2+y^2 \leq 1\}} x^2 dx dy \\ &= \iint_{\{y^2+x^2 \leq 1\}} y^2 dy dx = \iint_D y^2 dx dy\end{aligned}$$

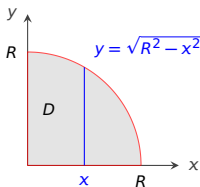
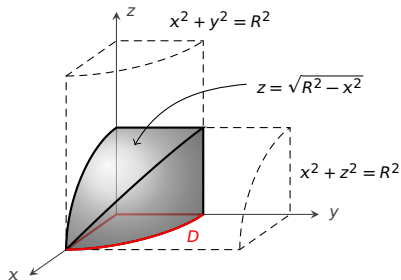
曲顶柱体体积

曲顶柱体的体积：

$$V = \iint_D f(x, y) d\sigma = \iint_D f(x, y) dx dy$$



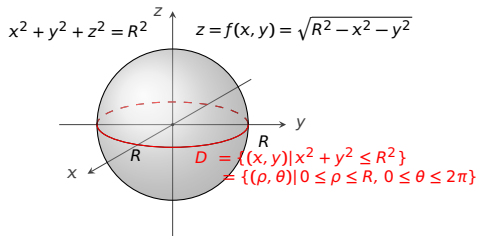
例 求两个底圆半径均为 R 的直交圆柱面所围成的立体体积。



解

$$\begin{aligned}
 V &= 8 \iint_D \sqrt{R^2 - x^2} dx dy = 8 \int_0^R \left[\int_0^{\sqrt{R^2 - x^2}} \sqrt{R^2 - x^2} dy \right] dx \\
 &= 8 \int_0^R [R^2 - x^2] dx = 8(R^2 x - \frac{1}{3} x^3) \Big|_0^R = \frac{16}{3} R^3
 \end{aligned}$$

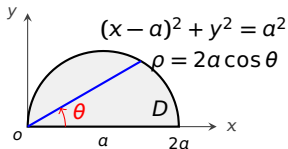
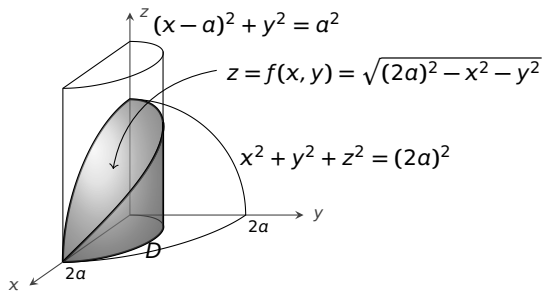
例 求半径为 R 的球的体积。



解

$$\begin{aligned}
 V &= 2 \iint_D \sqrt{R^2 - x^2 - y^2} dx dy \stackrel{\substack{x=\rho \cos \theta \\ y=\rho \sin \theta}}{=} 2 \iint_D \sqrt{R^2 - \rho^2} \cdot \rho d\rho d\theta \\
 &= 2 \int_0^{2\pi} \left[\int_0^R \sqrt{R^2 - \rho^2} \cdot \rho d\rho \right] d\theta = 4\pi \int_0^R \sqrt{R^2 - \rho^2} \cdot \rho d\rho \\
 &\stackrel{u=R^2-\rho^2}{=} 4\pi \int_{R^2}^0 u^{\frac{1}{2}} \cdot \left(-\frac{1}{2}\right) du = 2\pi \int_0^{R^2} u^{\frac{1}{2}} du = 2\pi \cdot \frac{2}{3} u^{\frac{3}{2}} \Big|_0^{R^2} = \frac{4}{3} \pi R^3
 \end{aligned}$$

例 求球体 $x^2 + y^2 + z^2 \leq (2a)^2$ 被圆柱 $(x-a)^2 + y^2 = a^2$ ($a > 0$) 所截得的立体的体积。



解

$$\begin{aligned}
 V &= 4 \iint_D \sqrt{4a^2 - x^2 - y^2} dx dy \xrightarrow[y=\rho \sin \theta]{x=\rho \cos \theta} 4 \iint_D \sqrt{4a^2 - \rho^2} \cdot \rho d\rho d\theta \\
 &= 4 \int_0^{\frac{\pi}{2}} \left[\int_0^{2a \cos \theta} \sqrt{4a^2 - \rho^2} \cdot \rho d\rho \right] d\theta
 \end{aligned}$$

$$\begin{aligned}
 V &= 4 \int_0^{\frac{\pi}{2}} \left[\int_0^{2a \cos \theta} \sqrt{4a^2 - \rho^2} \cdot \rho d\rho \right] d\theta \\
 &\stackrel{u=4a^2-\rho^2}{=} 4 \int_0^{\frac{\pi}{2}} \left[\int_{4a^2}^{4a^2 \sin^2 \theta} u^{\frac{1}{2}} \cdot \left(-\frac{1}{2}\right) du \right] d\theta \\
 &= \frac{4}{3} \int_0^{\frac{\pi}{2}} \left[u^{\frac{3}{2}} \Big|_{4a^2 \sin^2 \theta}^{4a^2} \right] d\theta = \frac{4}{3} \cdot 8a^3 \int_0^{\frac{\pi}{2}} (1 - \sin^3 \theta) d\theta
 \end{aligned}$$

其中

$$\begin{aligned}
 \int_0^{\frac{\pi}{2}} \sin^3 \theta d\theta &= \int_0^{\frac{\pi}{2}} \sin^2 \theta \cdot \sin \theta d\theta = - \int_0^{\frac{\pi}{2}} (1 - \cos^2 \theta) d\cos \theta \\
 &\stackrel{u=\cos \theta}{=} - \int_1^0 (1 - u^2) du = - \left(u - \frac{1}{3} u^3 \right) \Big|_1^0 = \frac{2}{3}
 \end{aligned}$$

$$\text{所以 } V = \frac{32}{3} a^3 \left[\frac{\pi}{2} - \frac{2}{3} \right]$$

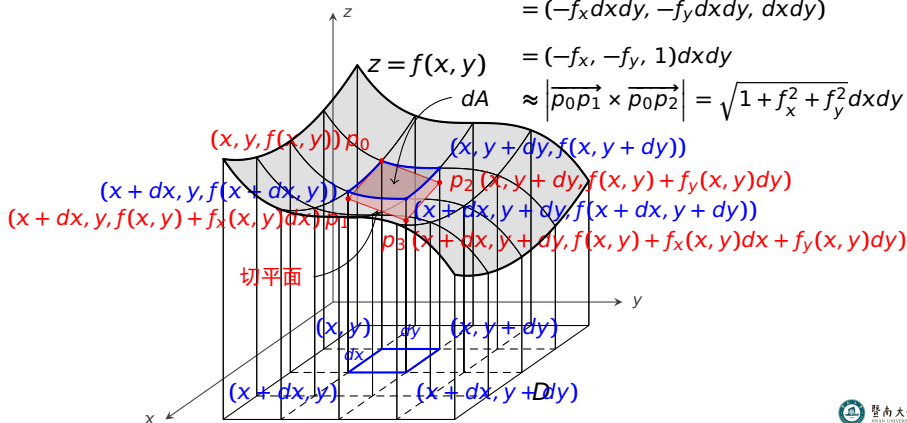
曲面的面积

$$A = \iint_D \sqrt{1 + f_x(x, y)^2 + f_y(x, y)^2} dx dy$$

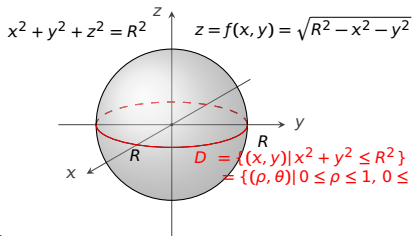
$$\begin{aligned} \overrightarrow{p_0 p_1} \times \overrightarrow{p_0 p_2} &= \begin{vmatrix} \vec{i} & \vec{j} & \vec{k} \\ dx & 0 & f_x dx \\ 0 & dy & f_y dy \end{vmatrix} \\ &= (-f_x dx dy, -f_y dx dy, dx dy) \end{aligned}$$

$$= (-f_x, -f_y, 1) dx dy$$

$$\approx \left| \overrightarrow{p_0 p_1} \times \overrightarrow{p_0 p_2} \right| = \sqrt{1 + f_x^2 + f_y^2} dx dy$$



例 求半径为 R 的球面的表面积。



$$\begin{aligned} f_x &= \frac{-x}{\sqrt{R^2 - x^2 - y^2}} \\ f_y &= \frac{-y}{\sqrt{R^2 - x^2 - y^2}} \end{aligned} \Rightarrow 1 + f_x^2 + f_y^2 = \frac{R^2}{R^2 - x^2 - y^2}$$

解

$$A = 2 \iint_D \sqrt{1 + f_x^2 + f_y^2} dx dy = 2 \iint_D \frac{R}{\sqrt{R^2 - x^2 - y^2}} dx dy$$

$$\begin{aligned} \frac{x=\rho \cos \theta}{y=\rho \sin \theta} \quad & 2 \iint_D \frac{R}{\sqrt{R^2 - \rho^2}} \cdot \rho d\rho d\theta = 2 \int_0^{2\pi} \left[\int_0^R \frac{R}{\sqrt{R^2 - \rho^2}} \cdot \rho d\rho \right] d\theta \end{aligned}$$

$$= 4\pi R \int_0^R \frac{\rho}{\sqrt{R^2 - \rho^2}} d\rho \xrightarrow{u=R^2-\rho^2} 4\pi R \int_{R^2}^0 u^{-\frac{1}{2}} \cdot \left(-\frac{1}{2}\right) du = 4\pi R^2$$