

4)

$\int_0^{2\pi} \frac{2 \ln(R^3+1)}{3} d\theta = \frac{2}{3} \ln(R^3+1) \cdot \theta \Big|_0^{2\pi} = \boxed{\frac{4\pi}{3} \ln(R^3+1)}$

*ilho multiplicando, no saindo!*