$$\begin{cases} y = 3x^{2} + x - 4 \\ y = 7x + 5 \end{cases}$$

$$3x^{2} + x - 4 = 7x + 5$$

$$3x^{2} - 6x - 9 = 0$$

$$x^{2} - 2x - 3 = 0$$

$$\begin{cases} x = -1 \\ x = 3 \end{cases}$$

$$S = \int_{1}^{3} (4x + 5 - 3x^{2} - x + 4) dx = \int_{-1}^{3} (-3x^{2} + 6x + 9) dx = -1$$

$$= -x^{3} + 3x^{2} + 9x = 32$$

$$0 \le 6 = 5 \le 3a$$