Step-1

First we need to find pivots of $A - \frac{1}{2}I$.

$$A - \frac{1}{2}I = \begin{pmatrix} 2.5 & 3 & 0\\ 3 & 5.9 & 7\\ 0 & 7 & 7.5 \end{pmatrix}$$

Apply
$$R_2 \rightarrow R_2 - \frac{3}{2.5}R_1$$

$$\Rightarrow A - \frac{1}{2}I = \begin{pmatrix} 2.5 & 3 & 0\\ 0 & 5.9 & 7\\ 0 & 7 & 7.5 \end{pmatrix}$$

Apply
$$R_3 \rightarrow R_3 - \frac{7}{5.9} R_2$$

$$\Rightarrow A - \frac{1}{2}I = \begin{pmatrix} 2.5 & 3 & 0\\ 0 & 5.9 & 7\\ 0 & 0 & -0.805 \end{pmatrix}$$

Thus the pivots are 2.5, 5.9 and -0.81.

So, one Eigen value of $A - \frac{1}{2}I$ is negative.

 $A - \frac{1}{2}I$ has negative pivot, so that A has Eigen value smaller than $\frac{1}{2}$.