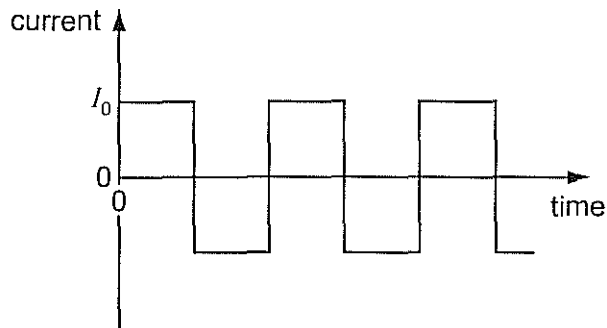**34** The graph shows an alternating current with a square waveform.

The peak value of the current is I_0.

What is its root-mean-square value?

A 0 B $\dfrac{I_0}{2}$ C $\dfrac{I_0}{\sqrt{2}}$ D I_0